

CARDIO BAR ... NEW ... PULSE CLASSES

August 2011

PULSE CARDIO BAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am Pulse Cardio Bar	9.30am Pulse Pilates Power Combo	9.30am Pulse Cardio Bar		6.15am Pulse Cardio Bar	8.00am Pulse Cardio Bar
12.30 pm Pulse Physique Class	10.30am Pulse Cardio Bar (intro)		12.30 pm Pulse Cardio Bar	10.00am Pulse Cardio Bar	9.00am Pulse Pilates Power Combo
6.00pm Pulse Cardio Bar	12.30pm Pulse Cardio Bar	6.00pm Pulse Physique Class			10.00am Cardio Bar (Intro)
	6.15pm Pulse Cardio Bar				

PULSE CARDIO BAR: Interval training format that burns fat, carves muscle, a super sculpting workout that changes your shape.

PULSE PHYSIQUE CLASS: A pilates based mat workout with a twist, integrating upper body sculpting and leg work at the bar.

PULSE PILATES POWER COMBO: A workout with all the pilates equipment - a maximum of 3 people (**more times available**).

All classes are (Intro - Beginner) or Open-Mixed Levels **BOOKINGS ESSENTIAL: 0414 275 399**



Pulse Health Studio, 2723 Gold Coast Highway
(above Blockbuster Video) **0414 275 339**