

Group classes at Move Me – Mind Body

Classes are limited to six people. For this reason:

- **Booking is essential**
- Unless otherwise stated, a class will be cancelled if fewer than two persons have not confirmed attendance
- Late cancellations (less than 8 hours) will be charged at 100%, regardless of class package

Schedule:

60 minutes	Monday	Wednesday	Friday	Saturday
9:00	✓	✓	8:30	✓
16:45		✓		
18:00	✓	✓		