



Foam Roller SMR (Self Myofascia Release)

- Alternate Sat 10.30am (call to confirm)

TRX (Tension Resistance Exercise)

- Beginner Mon 7.00pm

- Advance Sat 9.30am

Agility Ladder

- Call to enquire



Stability Ball Circuit

- Call to enquire

Corporate Team Building Event

- Call to enquire

Kids Parties, Motor Skills Development

- Call to enquire