

# One Week Trial For Free

	5.30am	6.30am	7am	5.30pm
Monday	Cardio Punch	FBI-A	-	-
Tuesday	FBI-A	Cardio Punch	-	-
Wednesday	-	-	-	FBI Punch
Thursday	Cardio Punch	FBI-A	-	-
Saturday	-	-	Freestyle	-

*Sessions are capped to 10 participants to assure quality*

## Special Offer For Parents and Staff

Receive 1 extra session with each purchase at no extra cost when purchasing any session package of Outdoor Group Sessions.

*You need to let me know with your first purchase that you are part of the St. Elizabeth's Catholic Primary School*

**In Health & Wellness**

0438036563

**Martina**

[www.vivesco-mhf.com.au](http://www.vivesco-mhf.com.au)



*Vivesco*

MOBILE HEALTH & FITNESS

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