

# **GYROKINESIS® CLASSES**

THURSDAYS STARTING FEBRUARY 1, 2018

THIS WILL BE A WEEKLY CASUAL CLASS

10:30AM-12:00PM

AT

## **GYROTONIC® MELBOURNE ENERGY KINETICS® STUDIO**

STUDIO A 2 PERCY STREET  
PRAHRAN, 3181 VIC



**LEARN TO MOVE WITH FLUIDITY, FOCUS ON YOUR  
BREATH, AND FEEL HOW YOU CAN COORDINATE  
YOUR BODY AS A WHOLE.**

**COME EXPERIENCE THIS INVIGORATING FORMAT  
WITH CERTIFIED LEVEL 1 INSTRUCTOR KATJA POVSE  
BOOKINGS ESSENTIAL**

**A MAXIMUM OF 7 SPACES WILL BE AVAILABLE FOR  
THESE CLASSES.**

**COST \$25.00 PER CLASS**

**PLEASE CALL 9533-8400 TO RESERVE YOUR SPACE  
FOR MORE INFORMATION ON GYROKINESIS® log on to our website**

**[www.gyrotonicmelbourne.com.au](http://www.gyrotonicmelbourne.com.au)**

