

LYNNETTE BOLTON

**GATE
WAY
24/7**

Corporate Wellness for EVERYbody and Mind

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 – 12.45 PM BOXERCISE	12:00 – 12.45 PM TABATA/CARDIO	12:00 – 12.45 PM PILATES/YOGA	12:00 – 12.45 PM WEIGHTS/STRENGTH	
		KARATE/SELF DEFENCE 12.50 – 1.30 PM		

WEBSIT - www.lynnetteboltonpt.com.au

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