

# FLORENCE GUILD

## WELLNESS

# 200 GEORGE STREET MARCH PROGRAM

Our full program offering is on its way!

	MON, 11 MARCH	TUE, 12 MARCH	WED, 13 MARCH	THU, 14 MARCH	FRI, 15 MARCH
CLASSES	COMING SOON!	<b>MOVE</b> Mat Pilates 7:00 - 7:45am	<b>HEAL</b> Breathwork & Sound Healing 4:00 - 4:30pm	<b>MOVE</b> Morning Yoga 7:00 - 7:45am	COMING SOON!
TREATMENTS	COMING SOON!	<b>HEAL</b> Dry Massage 12:00 - 5:00pm	COMING SOON!	<b>HEAL</b> IV Infusion Therapy 12:00 - 4:00pm	COMING SOON!

	MON, 18 MARCH	TUE, 19 MARCH	WED, 20 MARCH	THU, 21 MARCH	FRI, 22 MARCH
CLASSES	COMING SOON!	<b>MOVE</b> Mat Pilates 7:00 - 7:45am	<b>HEAL</b> Breathwork & Sound Healing 4:00 - 4:30pm	<b>MOVE</b> Core & Posture 7:00 - 7:45am	COMING SOON!
TREATMENTS	COMING SOON!	<b>HEAL</b> Posture & Physio Analysis 12:00 - 5:00pm	COMING SOON!	<b>HEAL</b> Skin Health Check 12:00 - 4:00pm	COMING SOON!

	MON, 25 MARCH	TUE, 26 MARCH	WED, 27 MARCH	THU, 28 MARCH	FRI, 29 MARCH
CLASSES	COMING SOON!	<b>MOVE</b> Mat Pilates 7:00 - 7:45am	<b>HEAL</b> Breathwork & Sound Healing 4:00 - 4:30pm	<b>MOVE</b> Morning Yoga 7:00 - 7:45am	COMING SOON!
TREATMENTS	COMING SOON!	<b>HEAL</b> Dry Massage 12:00 - 5:00pm	COMING SOON!	COMING SOON!	COMING SOON!

# FLORENCE GUILD

## WELLNESS

# OLDERFLEET MARCH PROGRAM

Our full program offering is on its way!

	<b>MON, 11 MARCH</b>	<b>TUE, 12 MARCH</b>	<b>WED, 13 MARCH</b>	<b>THU, 14 MARCH</b>	<b>FRI, 15 MARCH</b>
<b>CLASSES</b>	COMING SOON!	<b>MOVE</b> Morning Yoga 7:00 - 7:45am	<b>HEAL</b> Breathwork & Sound Healing 4:00 - 4:30pm	<b>MOVE</b> Mat Pilates 7:00 - 7:45am	COMING SOON!
<b>TREATMENTS</b>	COMING SOON!	<b>HEAL</b> Dry Massage 12:00 - 5:00pm	COMING SOON!	<b>HEAL</b> IV Infusion Therapy 12:00 - 4:00pm	COMING SOON!

	<b>MON, 18 MARCH</b>	<b>TUE, 19 MARCH</b>	<b>WED, 20 MARCH</b>	<b>THU, 21 MARCH</b>	<b>FRI, 22 MARCH</b>
<b>CLASSES</b>	COMING SOON!	<b>MOVE</b> Core & Posture 7:00 - 7:45am	<b>HEAL</b> Breathwork & Sound Healing 4:00 - 4:30pm	<b>MOVE</b> Mat Pilates 7:00 - 7:45am	COMING SOON!
<b>TREATMENTS</b>	COMING SOON!	<b>HEAL</b> Posture & Physio Analysis 12:00 - 5:00pm	COMING SOON!	<b>HEAL</b> Skin Health Check 12:00 - 4:00pm	COMING SOON!

	<b>MON, 25 MARCH</b>	<b>TUE, 26 MARCH</b>	<b>WED, 27 MARCH</b>	<b>THU, 28 MARCH</b>	<b>FRI, 29 MARCH</b>
<b>CLASSES</b>	COMING SOON!	<b>MOVE</b> Morning Yoga 7:00 - 7:45am	<b>HEAL</b> Breathwork & Sound Healing 4:00 - 4:30pm	<b>MOVE</b> Mat Pilates 7:00 - 7:45am	COMING SOON!
<b>TREATMENTS</b>	COMING SOON!	<b>HEAL</b> Dry Massage 12:00 - 5:00pm	COMING SOON!	COMING SOON!	COMING SOON!