

Bounce-Well

with Michelle

REBOUNding STUDIO



Monday

08:30 - HIIT

17:30 - Intermediate 55min

Tuesday

17:30 - Beginner -

Intermediate 40 min

Wednesday

08:00 - HIIT 40 min

17:30 - Beginners 30 min

Thursday

17:30 - Intermediate

55 min

Friday

08:00 - HIIT 40 min

T's & C's

- Booking essential
- R100 per class
- Late cancellations <8hr prior / no-shows will still be liable for payment

The best investment you can make is in yourself!