

# Friday 10.15 - 11 a.m

Intensity 5-6

**Last Friday of  
every month**



The  
**BRAINFIT™**  
Workout  
*Movement and meditation*



A brand new concept in wellness & mind health, this empowering session uses all the tools we can muster to leave you feeling amazing. Prepare for the unexpected and come with an open mind. Movement patterns are deliberately kept as simple as possible so you can focus on the brain altering aspects of this session. Try it and see. It's

powerful  
Always advise Cat of any health matters or changes to your health