



nurture
FITNESS

HOLIDAY

Opening Hours & Pop up classes

POP UP CLASSES PURCHASED AND BOOKED ON PT MATE APP
ALL \$25 A CLASS OR 4 FOR \$95 EXPIRE 25 JAN
MINIMUM OF 3 BOOKINGS FOR CLASS TO GO AHEAD
12 HRS NOTICE OF CANCELLATION APPLYS

FINAL WEEK

Mon 15 Dec : Normal full timetable
Tue 16 Dec : 10.45am Mums & Bubs Pilates, 6.05pm Reformer; 7.30pm Reformer
Wed 17 Dec : 6.15am Reformer; 12pm Reformer; 1pm Strength Circuit
Thu 18 Dec : 10.45am Core Foundations, 1pm Core Express, 7.30pm Waimate CC
Pop-Ups: 7.30pm Reformer
Fri 19 Dec : 12pm Reformer, End of year celebration WAIMATE 6.45PM @ the Waimate
Sat 20 Dec: End of year celebration TIMARU 6.45pm @ EVIES



CHRISTMAS WEEK

Mon: 22nd 6.15am, 12pm Reformer; 1pm Strength
Tue 23 Dec: 6.05pm Reformer; 7.30pm Reformer
Wed 24 to Sun 4 Jan closed

NEW YEAR

Mon 5 Jan : 6.15am Reformer; 12pm Reformer; 1pm Strength
Tue 6 Jan : 6.05pm Reformer; 7.30pm Reformer
Wed 7 Jan : 6.15am Reformer; 12pm Reformer; 1pm Strength
Thu 8 Jan: 6.05pm Reformer; 7.30pm Reformer

MID JANUARY

Mon 12 Jan : 6.15am Reformer; 12pm Reformer; 1pm Strength
Tue 13 Jan : 6.05pm Reformer; 7.30pm Reformer
Wed 14 Jan : 6.15am Reformer; 12pm Reformer; 1pm Strength
Thu 15 Jan : 10.45am Core foundations WEEK 1; 1pm Core express mat Pilates;
4.30pm Reformer; 6.05pm Reformer; 7.30pm Reformer
Fri 16 Jan : 12pm Reformer
Sat 17 Jan : 9.30am Reformer; Assessments by appointment only.

FINAL POP UP WEEK

Mon 19 Jan : 6.15am Reformer; 10.45am Buggy Fit Trial; 12pm Reformer; 1pm Strength
Tue 20 Jan : 10.45am Reformer; 6.05pm Reformer; 7.30pm Reformer
Wed 21 Jan : 6.15am Reformer; 12pm Reformer; 1pm Strength
Thu 22 Jan : 10.45am Core Foundations (week 2); 1pm Mat Pilates;
4.30pm Reformer; 6.05pm Reformer; 7.30pm Reformer
Fri 23 Jan : 12pm Reformer



Normal timetable resumes 26th January
Bookings NOW OPEN
deposit required to secure your booking

We Wish You a happy and safe holiday season