



# Movement Studio

## SATURDAY

| TIME    | PRESENTER                     | TOPIC                       |
|---------|-------------------------------|-----------------------------|
| 11:00am | Opa-Cize                      | Greek Dance Fitness Workout |
| 11:45am | Yoga Forever With Anne Noonan | Age Backwards With Yoga     |
| 12:30pm | Goodlife Health Clubs         | Arena Fitness               |
| 1:15pm  | Xtend Barre                   | Xtend Barre                 |
| 2:00pm  | Goodlife Health Clubs         | Mat Pilates                 |

## SUNDAY

| TIME    | PRESENTER                     | TOPIC                                   |
|---------|-------------------------------|---|
| 11:00am | Opa-Cize                      | Greek Dance Fitness Workout             |
| 11:45am | Yoga Forever With Anne Noonan | Roll Back Your Inner Odometer With Yoga |
| 12:30pm | Goodlife Health Clubs         | Arena Fitness                           |
| 1:15pm  | Xtend Barre                   | Xtend Barre                             |
| 2:00pm  | Goodlife Health Clubs         | Mat Pilates                             |



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#MWE2019