



New to YOGA Loft

ACTIVE MUSCLES ACTIVE MINDS & YOGA LOFT team up to
bring you

TUFF CLUB – Outdoor Training

This new and exciting outdoor training session is designed
to compliment your current practice and give you an
exciting new experience!

When: Friday 5:15am – 6am

Where: Pacific Park

Cost: \$10 per session*

**Bookings are essential and can be made ONLINE through the
MindBody site or at RECEPTION.**

*not included in your current membership