



# What is metafit and what it can do for you?

Metafit is the 30 minute body weight, high intensity interval training (hiit) workout designed to boost your fitness, rocket your energy levels, increase fat burning and get massive results in the shortest amount of time possible

## CLASS SCHEDULES

### MONDAY

9:30am

St Luke's Hall

193 Ekibin Road  
East, Tarragindi

### TUESDAY

6:15pm

Junction Park State  
School Hall

50 Waldheim Street  
Annerley

### FRIDAY

8:00am

Junction Park State  
School Politics Pavilion

50 Waldheim Street  
Annerley

### SATURDAY

7:00am

Junction Park State  
School Hall

50 Waldheim Street  
Annerley

## PRICING

One Session  
**\$15.00**

Two Sessions  
**\$25.00**

Three Sessions  
**\$37.50**

Ten Sessions  
**\$125.00**

\*done in any one week period

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\*valid for 8 weeks

## CONTACT

Email: [wendy@mindbodyspace.com.au](mailto:wendy@mindbodyspace.com.au)

Internet: [mindbodyspace.com.au](http://mindbodyspace.com.au)

Mobile: 0449 946 621

Facebook: MindBodySpace

Instagram: @mind\_body\_space

**Metafit is suitable  
for ALL levels of  
fitness and is child  
friendly. C'mon!!**

To claim your first **FREE** session simply text your name and session preference to 0449 946 621 TODAY!