

# OCEAN FIT

## BYRON BAY, NSW

### FRI 12th – SUN 14th DECEMBER

PILATES STRENGTH + FLEXIBILITY TRAINING, BODY BALANCING, CORE STRENGTH FOR SURFING, SPINE MOBILITY, TRAINING PRINCIPALS + BREATHING TECHNIQUES, APNEA, FREEDIVING, WATERMANSHIP, ADVANCED SWIMMING TECHNIQUES.



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ON WAVES  
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