



Bring a Buddy	Invite a friend to join you for the Unchallenge! Use your discount code to purchase an Unchallenge ticket for your friend (newcomers to Haven)
Class Experiment:	Try a class type you've never done before
FriYAY!	Attend any class on a Friday
Get involved	Join any 2 x special Unchallenge events
Happy Hump Day	Attend any class on a Wednesday
Haven Combo	Do a Haven combo: Attend 1 x group class + 1 x PT session 1 x Open Studio session within a one-week period
Midday Moves x 2	Attend any 2 x 12:15pm weekday class (we'll also take the Sat 11am Gentle Hatha!) within one week
Move & Groove with Friends	Refer a Friend! Invite a Haven newcomer to any single class using your Haven referral code in Momenca Free classes for your friends throughout the Unchallenge! (No limit on how many friends you can welcome; newcomers to Haven, one free class per person, share your referral code).
Movement Mashup	Get creative! Enjoy some kind of movement outside of the studio that is new for you, whether that be rollerblading, a stroll around a park you've never been to, trying out rockclimbing, tennis with a buddy or anything else you'd love to try! (Sharing a pic on socials as evidence encouraged but not compulsory)
Movement My Way	Book an Open Studio spot and workout your way
Rest & Digest	Take a chill day! Post a pic of how you choose to enjoy your rest ;-) (Sharing a pic on socials as evidence encouraged but not compulsory)
Smash the Snooze x 3	Attend 3 x early morning classes (6.15am & 7.15am or Sat 7:45am) within one week
Share your Wins	Celebrate your achievements on the Celebration board in studio and/or on socials: Get creative & capture something in front of the Haven mural (whether that includes you, or some equipment, or getting creative!) that reflects an Unchallenge win and share either by: 1) Posting on socials (& tag us! @havenmovementsydney) 2) Adding your win to the UC board in studio
Sneak an Off-Peak x 2	Sneak away from your desk for a daytime class x 2 over the 3 weeks *Applies Monday-Fridays 10am & 12:15pm classes, & 8-10am Open Studio
Team Experiment:	Attend a class or PT session with a Haven Trainer you've never worked with before!
Yoga Experiment:	Attend a class with a Yoga teacher you've never done a class with before!

BONUSES – Must complete at least one of these to qualify to win!

Book Some Self Care	Book a massage or facial or skincare service with Jeni – and get 20% off through the Unchallenge! (available Saturdays, must be within the Unchallenge. Text Jeni to book: 0421 677 477)
Buddy Up	Go on a Buddy Blind Date! Pick out a name from the Buddy Blind Date bowl and book a class with them.
Share The Love	Share what you love about Haven in a Google Review (these help us so much! We appreciate them).