

Brophy's class timetable

from March 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Core Strength (Pilates)		Core Strength (Fitball)			
9.00am						Step & Body Strength	
10.00am	Core Strength (Pilates)		Hatha Yoga (inc relax/med)		Hatha Yoga (inc relax/med)	Body Strength & Stability (Fitball)	
11.00am						Tone & Sculpt	
Timetable subject to change							
4.00pm							
5.00pm			5.45-6.30 Retro Aero			Hatha Yoga (inc relax/med)	Classic Yoga & Meditation
6.00pm	Rumba Latin Dance Fitness Class	6.15 Hatha Yoga (inc relax/med)					Meditation Course to commence 11th April
6.30pm			Tone & Sculpt	Circuit Breaker	Hatha Yoga (inc relax/med)		
7.00pm	Hatha Yoga (inc relax/med)					Personal Development Workshops Learn how to incorporate Ayurvedic principles into your training, lifestyle and eating.	
7.30pm		Iyengar Yoga	Abs & Boxing	Iyengar Yoga			
8.00pm	Hatha Yoga (inc relax/med)						

Ayurveda Workshops

Conducted throughout the year these sessions will increase your awareness of Ayurveda and how to incorporate its principals into your lifestyle, training and diet in accordance with your body type.

Body Strength & Stability

Improves stability, flexibility, strength & stamina. Includes aerobic section for CV workout. Suits all body types especially Kapha. (Includes use of fitball and dumbbells)

Tone & Sculpt

'Choreography Free' class concentrating on technique, body awareness, core strength and body typing.

Abs & Boxing

15min of Abs followed by 45min of circuit-style Boxing training. Great cardio and great fun!

Circuit Breaker

Great cardio & muscle conditioning class, use light weights and action repetition to raise your heart rate, improve muscle tone and endurance. Pitta's & Vata's will love this class & it's great for Kapha's too!

Retro Aero

Low choreography step, good intensity aerobic workout. All levels welcome! Ideal for all body types.

Step & Body Strength

A cardiovascular workout of step moves followed by strengthening exercises designed to improve muscular tone and core strength.

Rumba

A dance fitness class with a difference! Learn to shake your hips to Latin rhythms. All body types unite: Get fit and have fun!

Core Strength (Pilates)

Combination between Yoga and strength training, improves posture, flexibility & concentration. Great for back health/rehab. Ideal for all body types.

Hatha Yoga

Breathe, Extend, Meditate. Work on flexibility, stress release and relaxation. Suits all body types especially Vata!

Iyengar Yoga

Breathe, Strengthen, Meditate. A physical workout. Suits all body types especially Kapha.

Gym Hours Mon to Thurs 6.00am – 9.30pm
 Friday 6.00am – 8.30pm
 Saturday 8.00am - 6.00pm
 Sunday 9.00am – 6.00pm

Please check-in and collect a pass from reception before going to the class!



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 Transform the mind.

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