



















Brophy's GROUPFIT TIMETABLE

EFFECTIVE 1 JULY 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:30am		PILATES 45min 	DYNAMIC SGT 30min 	PILATES 45min 				
9:00am						DYNAMIC SGT 		
10:00am	PILATES 		HATHA YOGA 		HATHA YOGA 	PILATES 	YIN YOGA 	
11:00am						YOGA FLOW 		
6:00pm	DYNAMIC SGT 		CORE 30min 		<p>WE'RE ACTIVE ON</p> <p>f facebook.com/brophysbodyandmind</p> <p>@ @brophysbodyandmind</p>			
6:30pm		YOGA FLOW 	DYNAMIC SGT 	YOGA FLOW 				BOXING 30min 
7:00pm	YOGA FLOW 			↓ DOWN STAIRS				↑ UPSTAIRS
7:30pm		YIN YOGA 						

ACTIVE GROUPFIT CLASSES



CORE

30 minutes of conditioning. Use resistance tubes, fitballs and weights to go beyond crunches, toning your abs, butt and legs. Improve your posture, gain strength and work up a sweat.



DYNAMIC SGT

The name says it all! Dynamic Small Group Training (SGT) is an all-in-one workout, with gym favourites and modern functional training. You won't be left standing still in this sweat session! Reach your goals faster with group training the GroupFit way.



BOXING

Punch, parry, bob and weave your way through bag- and padwork, as well as boxing drills and functional training.

Safety first: no sparring! Conducted upstairs on the gym floor.

ALL CLASSES 60 MINUTES UNLESS SPECIFIED.

- Please check in and collect a pass from reception before going to classes.
- Please bring a water bottle and towel to all classes.
- Timetable subject to change.

BROPHY'S GYM OPENING TIMES

MONDAY: 6AM - 9PM

TUESDAY: 6AM - 9PM

WEDNESDAY: 6AM - 9PM

THURSDAY: 6AM - 9PM

FRIDAY: 6AM - 8PM

SATURDAY: 8AM - 3PM

SUNDAY: 9AM - 1PM

HARMONY GROUPFIT CLASSES



PILATES

A method of body strengthening from the inside out. Use precise movements to improve your posture, flexibility, concentration and core strength. Ideal for all body types.



YIN YOGA

A patient practice, targeting the connective tissues of the hips, pelvis and lower spine. Containing mostly floor-work, Yin postures are held for longer than in most yoga styles. Suits all, especially Vata and Kapha.



HATHA YOGA

Breathe, Extend, Meditate. All yoga styles come from Hatha. Relax and de-stress in these very gentle classes. Suits all body types, especially Vata.



YOGA FLOW

Use breath to connect Hatha yoga asanas (postures) in flowing sequences. The instructor will set the sequences and the pace throughout the class. Classes may include arm balances and other dynamic asanas. Suits all body types, especially Pitta.