


















Brophy's GroupFit Timetable

EFFECTIVE 1 AUGUST 2014

MONDAY - THURSDAY 6AM - 9PM / FRIDAY 6AM - 8PM / SATURDAY 8AM - 3PM / SUNDAY 9AM - 3PM












ALL CLASSES 60 MINUTES UNLESS SPECIFIED.

PLEASE CHECK IN AND COLLECT A PASS FROM RECEPTION BEFORE GOING TO CLASSES.

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|--|---|---|---|---|--|---|
| 6:30am | | PILATES 45min  | | CIRCUIT 45min  | | | |
| 9:00am | | | | | | HATHA YOGA  | |
| 10:00am | PILATES  | | HATHA YOGA  | | HATHA YOGA  | PILATES PROPS  | VINYASA YOGA  |
| 11:00am | | | | | | SCULPT  | |
| 6:00pm | CIRCUIT  | | ABS BLITZ 30min  | TABATA 30min  | | | |
| 6:30pm | | PILATES  | SCULPT  | IYENGAR YOGA  | | | |
| 7:00pm | YOGA  | | | | | | |
| 7:30pm | | YIN YOGA  | | | | | |

TIMETABLE SUBJECT TO CHANGE

GroupFit Class Descriptions

| | | |
|--|----------------------|---|
|  | PILATES PROPS | Improve your stability, flexibility & strength with precise, core-centred (Pilates) movements. Suits all body types, especially Kapha. Includes use of fitball, chi balls and resistance bands. |
|  | SCULPT | The most popular workout in the world! Tone and strengthen your entire body using light weights and an adjustable barbell. Simple moves to suit all. |
|  | ABS BLITZ | 30 minutes of core conditioning. Go beyond the basic crunch to sculpt and tone your midsection. |
|  | TABATA | High Intensity Training (HIIT) at its best! The Tabata protocol involves performing exercises at high intensity for 20 sec followed by 10 sec rest. Repeated 8 times for a total training time of 4 mins per set. Try this 30 min class & feel your overall fitness improve. Suitable for Pitta and Vata. |
|  | CIRCUIT | The original Group Fitness workout is still the best! This class is an all-in-one workout. Work your entire body at cardio & conditioning stations. Reach your goals faster with group training the Group Fitness way. |
|  | PILATES | A method of body strengthening from the inside out. Use precise movements to improve your posture, flexibility, concentration & core strength. Ideal for all body types. *Sat class is Pilates with props, incl. Fitball. |
|  | YOGA | A general class, focussing on learning the foundations of Yoga asanas (poses). Everyone, beginner or advanced, will benefit from the teaching techniques and mindful movements practised in this hour. Suits all body types. |
|  | YIN YOGA | A patient practise, targeting the connective tissues of the hips, pelvis & lower spine. Containing mostly floor-work, Yin postures are held for longer than in most Yoga styles. Suits all, especially Vata & Kapha. |
|  | HATHA YOGA | Breathe, Extend, Meditate. Work on flexibility, stress release & relaxation. Suits all body types, especially Vata. |
|  | IYENGAR YOGA | Breathe, Align, Meditate. Focus on correcting posture and creating stillness of the mind. Suits all, especially Pitta. |
|  | VINYASA YOGA | Vinyasa, meaning 'breath-synchronised movement', connects Hatha yoga asanas (postures) through movement and breath. The asanas can be arranged into different sequences that can meet the practitioner's needs or mood. Thursday's class is invigorating. Sunday's class is gentle & flowing. |