

















# GROUPFIT TIMETABLE

EFFECTIVE 01 AUGUST 2018

MON	TUE	WED	THU	FRI	SAT	SUN
<b>MORNING CLASSES (AM)</b>						
6:30am	<b>PILATES</b> 6:30-7:15 45min 	<b>DYNAMIC</b> 6:30-7:00 30min 	<b>PILATES</b> 6:30-7:15 45min 			
9:15am					<b>DYNAMIC</b> 9:15-10:00 45min 	
<b>PILATES</b> 10:00-11:00 1 hour 	10:00am	<b>HATHA YOGA</b> 10:00-11:00 1 hour 		<b>HATHA YOGA</b> 10:00-11:00 1 hour 	<b>PILATES</b> 10:00-11:00 1 hour 	<b>YIN YOGA</b> 10:00-11:00 1 hour 
11:00am					<b>YOGA FLOW</b> 11:00-12:00 1 hour 	

<b>EVENING CLASSES (PM)</b>						
<b>DYNAMIC</b> 6:00-7:00 1 hour 	6:00pm					
6:30pm	<b>YOGA FLOW</b> 6:30-7:30 1 hour 	<b>DYNAMIC BOXING</b> 6:30-7:30 1 hour 	<b>YIN YOGA</b> 6:30-7:30 1 hour 	<b>RELAX &amp; RELEASE</b> 6:30-7:15 45min 		
<b>YOGA FLOW</b> 7:00-8:00 1 hour 	7:00pm					

## AND REMEMBER...



Please check in and collect a pass from reception before going to classes.



Please bring a water bottle and towel to all classes.

## CLASS DETAILS



### DYNAMIC

Dynamic is an all-in-one workout, combining traditional exercises with modern functional training. Dynamic boxing includes boxing drills and functional training.



### RELAX AND RELEASE

Small group trigger point and flexibility class to release muscle tension and increase flexibility.



### PILATES

Use precise movements to improve your posture, flexibility, concentration and core strength. Body strengthening from the inside out.



### YOGA FLOW

Use breath to connect Hatha postures in flowing sequences. Classes include dynamic poses (e.g. arm balances).



### HATHA YOGA

All yoga styles come from Hatha yoga. Relax and de-stress in these gentle classes.



### YIN YOGA

A patient practice, targeting the connective tissues of the hips, pelvis and lower spine. Mostly floor-work, Yin postures are held for longer than other yoga styles.

## GYM OPENING TIMES\*

<b>MONDAY</b>	6:00 am – 9:00 pm
<b>TUESDAY</b>	6:00 am – 9:00 pm
<b>WEDNESDAY</b>	6:00 am – 9:00 pm
<b>THURSDAY</b>	6:00 am – 9:00 pm
<b>FRIDAY</b>	6:00 am – 8:00 pm
<b>SATURDAY</b>	8:00 am – 3:00 pm
<b>SUNDAY</b>	9:00 am – 1:00 pm

\*NOTE: There are special public holiday opening times and classes