

















GROUPFIT TIMETABLE

EFFECTIVE 01 AUGUST 2018

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

EVENING CLASSES (PM)						
DYNAMIC 6:00-7:00 1 hour 	6:00pm					
6:30pm	YOGA FLOW 6:30-7:30 1 hour 	DYNAMIC BOXING 6:30-7:30 1 hour 	YIN YOGA 6:30-7:30 1 hour 	RELAX & RELEASE 6:30-7:15 45min 		
YOGA FLOW 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*

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

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