














# Brophy's GROUPFIT TIMETABLE

EFFECTIVE 14 JANUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		<b>PILATES</b> 45min 		<b>PILATES</b> 45min 			
9:15am						<b>TOTAL TONE</b> 45min 	
10:00am	<b>PILATES &amp; STRETCH</b> 		<b>HATHA YOGA</b> 		<b>HATHA YOGA</b> 	<b>PILATES</b> 	<b>YIN YOGA</b> 
11:00am						<b>YOGA FLOW</b> 	
6:00pm	<b>DYNAMIC</b> 45min 				<b>ALL CLASSES 60 MINUTES UNLESS SPECIFIED.</b> <ul style="list-style-type: none"> <li>• Please check in and collect a pass from reception before going to classes.</li> <li>• Please bring a water bottle and towel to all classes.</li> <li>• Timetable subject to change.</li> </ul>		
6:30pm		<b>YOGA FLOW</b> 	<b>DYNAMIC &amp; BOXING</b> 45min 				
7:00pm	<b>YOGA FLOW</b> 						
7:30pm							

## ACTIVE GROUPFIT CLASSES



### TOTAL TONE



45 minutes of full-body conditioning. Use resistance tubes, fitballs, weights & more to get all-over strong, with special emphasis on legs, butt, and abs. You'll improve your posture, core strength, gain strength, and work up a sweat.



### DYNAMIC

An all-in-one workout, incorporating traditional exercises as well as modern functional training. You won't be left standing still in this sweat session! (Wednesday's class includes non-contact boxing drills using bags.)

#### WE'RE ACTIVE ON

 [facebook.com/brophysbodyandmind](https://www.facebook.com/brophysbodyandmind)  
 [@brophysbodyandmind](https://www.instagram.com/brophysbodyandmind)

## 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

Use precise movements to improve your posture, flexibility, concentration and core strength. Ideal for all body types. (Monday's class is perfect for beginners & includes a special stretching section.)



### 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. Build flexibility, release stress and complete your yoga experience with a guided relaxation. Suits all body types, especially Vata.



### YOGA FLOW

Vinyasa, meaning 'breath-synchronised movement', connects Hatha yoga asanas (postures) through movement and breath. Work at your own pace in this flowing class. Suits all body types, especially Pitta.