

# GROUPFIT TIMETABLE

EFFECTIVE 6 MAY 2019



	MON	TUE	WED	THU	FRI	SAT	SUN
<b>MORNING CLASSES (AM)</b>							
6:30am		<b>PILATES</b> 45min		<b>PILATES</b> 45min			
6:45am	<b>DYNAMIC</b> 45min		<b>DYNAMIC</b> 45min		<b>DYNAMIC</b> 45min		
9:15am						<b>TOTAL TONE</b> 45min	
10:00am	<b>PILATES &amp; STRETCH</b> 1 hour		<b>HATHA YOGA</b> 1 hour		<b>HATHA YOGA</b> 1 hour	<b>PILATES</b> 1 hour	<b>YIN YOGA</b> 1 hour
11:00am						<b>YOGA FLOW</b> 1 hour	<b>MEDITATION TRIAL*</b>
<b>EVENING CLASSES (PM)</b>							
6:30pm		<b>YOGA FLOW</b> 1 hour					
6:45pm				<b>DYNAMIC</b> 45min			
7:00pm	<b>YOGA FLOW</b> 1 hour						
7:30pm		<b>DYNAMIC</b> 45min					

\*This trial class will run for 6 weeks from the 19 May 2019

**GYM OPENING TIMES\***

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

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

NOTE: Timetable subject to change.

**CLASS DETAILS**



**DYNAMIC**

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



**TOTAL TONE**

45 minutes of full-body conditioning using resistance tubes, fitballs, weights and more to get all over strong, with special emphasis on legs, butt and abs.



**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.

**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.