





















GROUPFIT TIMETABLE

EFFECTIVE 6 MAY 2019

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

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.

GYM OPENING TIMES*

MONDAY	6 am - 9 pm
TUESDAY	6 am - 9 pm
WEDNESDAY	6 am - 9 pm
THURSDAY	6 am - 9 pm
FRIDAY	6 am - 8 pm
SATURDAY	8 am - 3 pm
SUNDAY	9 am - 1 pm

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

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.

NOTE: Timetable subject to change.