























# GROUPFIT TIMETABLE

EFFECTIVE 27 JANUARY 2020

	MON	TUE	WED	THU	FRI	SAT	SUN
	MORNING CLASSES (AM)						
6:00am	DYNAMIC 45min 		DYNAMIC 45min 		DYNAMIC 45min 		
6:30am		PILATES 45min 		PILATES 45min 			
6:45am	DYNAMIC 45min 		DYNAMIC 45min 		DYNAMIC 45min 		
9:15am						DYNAMIC 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 	

	EVENING CLASSES (PM)			
6:00pm	DYNAMIC 45min 	DYNAMIC 45min 		DYNAMIC 45min 
6:30pm				
6:45pm		YOGA FLOW 1 hour 	YIN YOGA 1 hour 	DYNAMIC 45min 
7:00pm	YOGA FLOW 1 hour 			

## CLASS DETAILS



### DYNAMIC

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



### 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 ACCESS



You can access the gym using your swipe card every day of the year between 5am to 10pm

## AND REMEMBER...



Please collect a pass from reception before going to class.



Please bring a water bottle and towel to all classes.

NOTES: There are special public holiday opening classes. Timetable subject to change.