



# GROUPFIT TIMETABLE

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

	<b>EVENING CLASSES (PM)</b>						
5:45pm			DYNAMIC 45min				
6:00pm		DYNAMIC 45min		DYNAMIC 45min	DYNAMIC 45min		
6:30pm							
6:45pm		YOGA FLOW 1 hour	YIN YOGA 1 hour	DYNAMIC 45min	DYNAMIC 45min		

### 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.