

# GROUP FITNESS TIMETABLE

Class Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am							
7am		Yoga - Flow 60 mins			Yoga - Hatha 60 mins		
9am	Pulse Pump Express 45 mins	Tabata 45 mins	Spin 45 mins	Tone 45 mins	BAT 45 mins	8.30am Circuit 45 mins	
10am	Yoga - Foundations 60 mins				Yoga - Mindful Flow 60 mins	9.30am Yoga - Flow 60 mins	10am Yoga - Power 60 mins
11am							3pm Yoga - Yin 60 mins
5.30pm	Yoga - Mindful Flow 45 mins	Spin 45 mins	Yoga - Yin 45 mins	Spin 45 mins	Pulse Combat 60 mins		
6.30pm	Boxing 45 mins	Yoga - Hatha 60 mins	Boxing with John	Pulse Pump Express 45 mins	6pm Boxing with John		
7.30pm							

## Yoga Flow +Yoga Mindful Flow

Begins with gentler movements to warm up the body, then moves into progressively more challenging flowing sequences. These may include balances, inversions and peak poses. Ends with calmer, deeper stretches and flow based asanas (yoga postures). The sequences are planned to help build strength, flexibility and balance; making the body stronger, more flexible, plus calming the mind.

## Hatha Yoga

Postures are being practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition and ease of movement.

## Yin Yoga

A gentle class focusing on deep twists, bends, and folds designed to improve flexibility and range of movement. Unlike a Vinyasa flow class, Yin Yoga involves holding postures for a longer period. This is a great class for beginners starting out their practice.

## Power Yoga

A challenging Vinyasa-style class focused on strengthening and stretching the body using dynamic, fluid postures. This workout challenges the body and invigorates the mind.

## Yoga Foundations

Yoga Foundations is a yoga class focusing on the foundations of yoga. It is perfect for beginners or those still fairly new in their yoga practices.

