



# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CIRCUIT</b> Bay 12.00-12.45pm	<b>STRENGTH &amp; BURN</b> Bay 12.00-12.45	<b>CIRCUIT</b> Bay 12.00-12.45pm	<b>BOXING</b> Bay 12.00-12.45pm	<b>STRENGTH &amp; BURN</b> Helen 12.00-12.45pm
	<b>YOGA</b> Angela 1.00-2.00pm	<b>MEDITATION</b> Sacha 1.15-1.45pm	<b>YOGA</b> Geraldine 1.00-2.00pm	<b>PILATES</b> Lauren 1.00-2.00pm
<b>STRENGTH &amp; BURN</b> Bay 6:00 – 6:45pm		<b>PILATES</b> Tanya 6.00-7.00pm	<b>FUSION BOXING</b> Bay 6.00-6.45pm	

**Bookings are essential. We do not hold classes on public holidays.**

## CIRCUIT CLASS

The exercises will change but the format won't – in this class you'll be switching from cardio to sculpting strength moves before you know it. Expect variety & results.

## FUSION BOXING

Full body conditioning class, targeting all areas through glove work & a mixture of combat & cardio moves.

## STRENGTH & BURN

This fast paced, high intensity workout is muscle strengthening & fat burning. Alternating between step, free weights & cardio this class is designed to burn.

## PILATES

The blend of strength and flexibility training improves posture, reduces stress and tones the body. Pilates provides a balanced approach so that no muscle group is overworked. Our experienced instructors tailor all classes to be suitable for beginners through to experienced participants.

## YOGA

This class will include a full spectrum of postures (asana), designed to bring calm & balance to the body & the mind. There will also be a variety of breathing techniques (pranayama) and various concentration techniques leading to meditation (dhyana). With all of these we can learn to harmonise the mind, body, heart and soul.

## MEDITATION

Meditation is mind training. So it's the perfect complement to physical training. Get maximum wellbeing through learning relaxation & focus. Learn how to control negative emotion and boost positive emotion through a variety of meditative techniques.

## BALANCED BODY FITNESS (BBF)

A total 45 minute fun class celebrating a bit of the latest and greatest exercise moves- empowering boxing, own body weight strength, core Pilates, toning band work and stretching yoga moves all in positive vibes and care of your trainer Alia Steglinski to bring out your happier healthier body and you!