



CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CIRCUIT 12.00-12.45pm	STRENGTH & BURN 12.00-12.45	CIRCUIT 12.00-12.45pm	BOXING 12.00-12.45pm	STRENGTH & BURN 12.00-12.45pm
	YOGA 1.00-2.00pm			Limber Training (Pilates) 1.00-2.00pm
STRENGTH & BURN 6:00 – 6:45pm		PILATES 6.00-7.00pm		

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.

Limber Training / 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.