

Fitness Classes

Autumn/Winter Schedule



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM			PILATES STRETCH	GETLOW			
9:00AM	HIIT				HIIT		
9:15AM		PILATES	PILATES				
9:30AM						GETLOW	
10:00AM	GYM CIRCUIT				GYM CIRCUIT		
5:15PM	YIN YOGA		YOGA	PILATES			
5:30PM		GETLOW					

Pilates - Strengthen your core, improve posture, and enhance overall body awareness. Combining functional movements, mobility, and exercises to work the whole body to improve balance, stability, flexibility, and strength. Perfect for all levels.

Yoga - Experience mindful movement and steady flow in this Hatha-inspired class.

With a focus on breath, alignment, and purposeful transitions, this practise builds strength, flexibility, and balance. Suitable for all levels.

HIIT - Interval training exercises that incorporate several rounds, alternating between several minutes of high intensity movements, followed by short periods of lower intensity movements.

Gym Circuit - A dynamic full body workout designed to build strength, boost fitness & keep you moving. This circuit training session rotates through a series of timed stations using bodyweight exercises, dumbbells, cardio bursts & functional movements to challenge your entire body while keeping your mind engaged.

All classes can be modified to suit your needs, please speak to your instructor.

Bookings essential through MiClub