

Membership Fitness Classes

Updated Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM						PILATES	
8:30AM				GETLOW			
9:00AM	HIIT				HIIT		
9:15AM		PILATES					
9:30AM						GETLOW	
10:00AM	LOW IMPACT		STRENGTH & CONDITIONING		LOW IMPACT		
5:15PM	YIN YOGA		YOGA				
5:30PM		GETLOW					
6:15PM				PILATES			

PILATES - Strengthen your core, improve posture, mobility, balance & flexibility. Suitable for all levels

YOGA – Improve breath, alignment, strength, flexibility & balance through flowing movements

HIIT – Short bursts of high-intensity exercise alternated with lower-intensity recovery

LOW IMPACT - A full-body circuit using bodyweight exercises, dumbbells, cardio & functional movements

STRENGTH & CONDITIONING – Gym training using machines & equipment to build strength & fitness

GET LOW – Low-impact exercise to improve strength, balance, mobility & coordination

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

Bookings essential via MiClub