

# EXERCISE TIMETABLE



LIVE STREAM CLASSES:					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM	SWISE	STRETCH	SWISE		STRETCH
8:20AM	FOUNDATION PILATES		FOUNDATION PILATES		FOUNDATION PILATES
9:20AM	FITNESS PILATES		FITNESS PILATES		FITNESS PILATES
10:20AM	P40		P40		P40
11:00AM		SWISE	SWISE	SWISE	SWISE
1:00PM		STRETCH			
5:20PM		P40			
<p>Live Stream:</p> <p>\$35 per week. Payment gives you access to all livestream classes for one week.</p> <p>\$135 per month. Payment gives you access to all livestream classes for one month.</p>					
<p><b>SWISE</b></p> <p>Strengthwise is a group fitness class designed to improve and maintain muscle and bone strength using resistance training. Classes also aim to increase balance, mobility and flexibility. Duration: 60 minutes.</p>					
<p><b>STRETCH</b></p> <p>This class is suitable for all ages and fitness levels. In this class we use props to help our bodies stretch comfortably using Yin Yoga inspired principles. (Breath, mindfulness and gentle movement). Designed and instructed by a physiotherapist. Duration: 40 minutes.</p>					
<p><b>P40</b></p> <p>This group circuit class is specifically designed for pregnant and post-natal women. If you are wanting to stay active during or after your pregnancy and feel safe while doing so, this is the class for you. Duration: 40 minutes.</p>					
<p><b>FITNESS PILATES</b></p> <p>If you are experienced with pilates, not carrying injuries or pelvic floor concerns and looking for a challenge for your core, this class is for you! Build on your previous pilates experience to enjoy the challenge of developing stronger glutes and core, while focusing on proper technique. Duration: 40 minutes.</p>					
<p><b>FOUNDATION PILATES</b></p> <p>Foundation Pilates is a gentler class, that would be suitable if you are new to pilates or wanting to compliment your usual program, enjoy a 40 minute class focused on technique and set up of foundation exercises, with a strong focus on engaging your core and pelvic floor correctly. Duration: 40 minutes.</p>					

Current at 01/10/2020