

Mon	6:00am Trainer's Choice Monika	9:30am Fitness Circuit Low Impact Monika	10:30am Stretch 30 Class Monika	11:00am Low Intensity Physio / EP	5:30pm ¹ Clinical Pilates Physio	
Tues	6:00am HIIT Ellen	9:00am KickButt Steph	10:00am Inner Strength Steph	11:00am Low Intensity Physio / EP	12:00pm Tai Chi/Qigong Michelle	
Wed	6:00am BoxHIIT Monika	9:00am ^G Move for Life Steph	9:30am ² Clinical Pilates Physio	11.00am Low Intensity Physio / EP	5:30pm Vinyasa Flow Yoga Dan	
Thur	6:00am Trainer's Choice Simon	8:30am Tai Chi/Qigong Michelle	9:15am Holistic Fusion Steph	11:00am Low Intensity Physio / EP		
Fri	6:00am Fitness Circuit Steph	9:00am ^G Move for Life Steph	11:00am Low Intensity Physio / EP	Please note: classes are subject to change. Timetable current as at 29/09/17.		
Sat	8:00am Vinyasa Flow Yoga Dan			¹ Beginner ² Intermediate ^G Ground movement & free weights		

gym
CLASSES

∞ Fluid Physio + Gym