



TATTERSALLS HEALTH AND WELLNESS CENTRE GROUP FITNESS CLASS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | CLASS | DESCRIPTION |
|--------------|--|---|---|--|---|-----------------|--|
| 6 - 6.30am | | | | YOGA Caitlyn | | YOGA | 30 minute Vinyasa Flow utilising a moving breath-focused practice with sun salutations to link intelligently sequenced poses into a continuously flowing organic whole. |
| 6.30 - 7am | PILATES Belle | CORE 360 Caitlyn | FX FIT Issy | metafit. Caitlyn | BOXING | BOXING | 1 Hour whole body workout with different punches and combos that improves cardio, physical strength and strength of mind. A great way to fire up the endorphins and release any frustrations of the week! <i>(Express class is 30 mins as displayed)</i> |
| 7 - 7.30am | | BOXING EXPRESS (30mins) Caitlyn | | | Issy | FX FIT | 30 minute whole body workout utilising animal and primal flow movements for functional based strength and fitness. |
| 12 - 12.30pm | YOGA Caitlyn | metafit. Belle | PILATES Belle | SMALL GROUP PT & CORPORATE BOOTCAMP SESSIONS AVAILABLE | STRETCH Caitlyn | metafit. | 30 minute workout that gets big results by increasing your metabolic rate using HIIT interval timing and bodyweight exercises. |
| 12.30 - 1pm | swimFIT 12.30-1.15 (45mins) Ann | | | | | CORE 360 | 30 minute workout that targets all areas of the core. Feel the burn whilst tightening up that tummy area, improving your posture and reducing aches and pains. |
| 5.30 - 6pm | metafit. Issy | | metafit. Belle | | SUNDAY RUNNING GROUP 6.30AM-7.30AM Brendan | PILATES | 30 minute mat-based class designed to balance muscular strength and flexibility, help with posture and strengthen the trunk. |
| 6 - 6.30pm | BOXING | metafit. Issy | BOXING EXPRESS (30mins) Belle | | | BARRE bb | 30 minute class using ballet conditioning combined with pilates and yoga flow movements to tone, sculpt and strengthen the whole body with specific focus on glutes, legs and core. |
| 6.30 - 7pm | | | | | | STRETCH | 30 minute class focusing on deeply stretching the body. A great way to loosen tight muscles, improve circulation, relax and feel better, improve range of motion and help reduce pain. |

Classes suitable for all fitness levels. No bookings required. Classes charged to Member account. Classes subject to change due to lack of attendance, public holidays and instructor illness.