



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
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.