

GROUP EXERCISE

dare to be different

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	18.10 - 18.55 FREESTYLE PUMP				
	19.00 - 19.45 PILATES Bernadette	19.00 - 19.45 YOGA Ozlem	19.00 - 19.45 SPIN Nikki		

FREESTYLE PUMP

A great workout for anyone looking to get lean, toned, and fit. Utilising light to moderate weights with lots of repetitions, Freestyle Pump gives you a total body workout.

PILATES

Improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and Improving coordination and balance.

SPIN

A Classic studio class designed to for fitness and weight loss, perfect to get you going and staying motivated.

YOGA

A great class that gets the body and mind working together; through poses and controlled breathing. This class will improve: strength, stamina, mobility, stability and body alignment slowly & progressively.

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