



# CLASS TIMETABLE

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6am	Yoga Celine	HITT Kara	Boxing Kara	HITT Kara			
12pm	Power Flow Celine	Boxing Mai	Pilates Celine	HITT Mai	Boxing Kara		
5.30pm	HITT Kara	Power Flow Celine	Boxing Robin	Pilates Celine			

**Yoga** – General Yoga following the sivananda lineage. All levels welcome!

**Power Flow**- A slow-paced style of yoga with postures, or asanas, that are held for longer periods of time. Suitable for all levels.

**HIIT** – High intensity interval training class for optimal fat burning & toning

**Boxing** – A fun class that will make you physically stronger as well as aerobically fit. Great for overall body training and core development

**Pilates** – Strengthens & stretches the whole body with a focus on developing core stability, compliments weight training and cardio exercise as well as assisting with injury rehabilitation.

**TO SECURE YOUR SPOT PLEASE TEXT - 0401809207**