



CLASS TIMETABLE

FROM 10 JUNE TO 15 JUNE 2019 (WEEK 2)

Day	MON	TUES	WED	THURS	FRI	SAT
Date	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
12:15pm - 1:00pm	Boxing Troy	Pilates Mat work Celine	Exclusive Boxing Corporate Fitness class	Vinyasa Yoga Celine	Yin Yoga Celine	OPEN DAY: FOR FAMILY AND FRIENDS OF SUSTAIN MEMBERS (FROM 10AM TO 2PM) EVERYONE WELCOME
6:30pm-7:10pm	H.I.I.T Ying	NO CLASS	H.I.I.T Ying	Pilates Mat work Celine		

Vinyasa Yoga also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. Based on the Ashtanga practice, which is powerful and regimental in itself, this form of yoga can be quite challenging for beginners.

Yin Yoga A more meditative approach with a deep physical focus that aims to access the deeper tissues such as the connective tissue and fascia. Many of the postures focus on areas that encompass a joint (hips, sacrum, spine) and is a wonderful way to maintain flexibility.

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

Pilates A series of excersises performed on the floor using gravity and your body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve posture, balance and co-ordination

HIIT High intensity interval training. A class for optimal fat burning & toning.

**TO SECURE YOUR SPOT PLEASE TEXT YOUR; NAME, CLASS AND TIME TO
0401809207**