



# CLASS TIMETABLE

**FROM 19 AUG TO 31 AUG 2019**

Day	MON	TUES	WED	THURS	FRI	SAT
<b>12:15pm - 1:00pm</b>	<b>Flow YOGA</b> Celine	<b>Pilates Mat work</b> Celine	<b>Yin YOGA</b> Celine	<b>Boxing</b>	Due to low attendance for last 3 weeks. Suspended class for next 2 weeks	<b>HAPPY WEEKEND</b>
<b>6:30pm- 7:10pm</b>	<b>H.I.I.T</b> Ruben		<b>Boxing</b> Ruben	<b>Pilates Mat work</b> 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.

**Mat based Pilates**- A series of exercises performed on the floor using gravity and your own body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve postures, balance and coordination.

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

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

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