

# Class Timetable

## CLASS DESCRIPTIONS

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MON	Freestyle Fitness	6.00pm
	Power Yoga	6.30pm
TUE	Burn Fat Fast	6.00pm
WED	Boxing	6.00pm
	Power Yoga	6.30pm
THU	Pilates	6.30pm
SAT	Flow Yoga	9.15am
	Pilates	10.30am

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**Want to bring a friend along to a class with you?  
Refer a friend for a FREE 7 Day Pass to the Gym. As a  
reward if they join for 3 months or more you receive  
a free month of membership!**

**BONDI  
GYM**

Mon -Thu 6.00am - 9.30pm  
Fri 6.00am - 8.30pm  
Sat 7.00am - 7.00pm  
Sun 9.00am - 2.00pm

### Boxing

Fun boxing-based fitness class to improve fitness, stamina and de-stress. Pads and gloves provided or BYO gloves.

### Burn Fat Fast

An intense machine-based strength and cardio class suitable for all levels of fitness with one aim - to *Burn Fat Fast*

### Flow Yoga

Ever wanted to just relax and re-connect with your body? Well this is the class for you. Flow Yoga is a composition of asanas (poses) that will encourage your limbs to lengthen, stretch out and release all the stress and tension from your body. Flow Yoga is the perfect way to begin your weekend.

### Freestyle Fitness

Back-to-basics training to give you cardio fitness, muscular endurance and a challenging workout. Great for improving fitness, toning and energy levels.

### Pilates

Pilates is an exercise system which has been developed specifically to improve your muscle tone, alignment and posture. Ideal if you are interested in toning up without adding bulk. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain

### Power Yoga

Power Yoga makes you sweat, increases metabolism, and dramatically raises energy levels... Students walk out ready to conquer the world, not fall into bed.

Power Yoga provides a challenging workout with emphasis on health, overall wellness, focus and calmness. Power Yoga is directed at creating the highest level of energy, vitality and freedom.

*For all Yoga and Pilates classes BYO yoga mat and towel  
or hire from the front desk*