

EHT GLASSWORKS HEALTH CLUB

CORRECT AS OF 07/01/2019

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END
MORNING										SPIN FRONZIE	06.45	07.15									
	KICK STARTER MARIA	07.30	08.00	SPIN FRONZIE	7.15	7.45	HIIT FIT MARIA	07.30	08.00	SPIN FRONZIE	07.15	07.45	SPIN SARAH	07.15	08.00	SPIN BEN	08.30	09.15			
				ABS BLAST FRONZIE	7.45	8.00				ABS BLAST FRONZIE	07.45	8.00									
LUNCH	FITBALL FRONZIE	10.00	11.00	IYENGAR ARABELLA	9.30	10.45	KUNDALINI LIZZIE	09.30	10.30	PILATES HOWARD	09.00	10.00	IYENGAR KATHY	09.30	10.30	VINYASA MARTA	09.30	10.30	IYENGAR ARABELLA	09.15	10.30
	CORE SARAH	12.15	13.00	BODY CONDITIONING SARAH	12.15	13.00	LEGS, BUMS, & TUMS SARAH	12.15	13.00	BOOTCAMP SARAH	12.15	13.00	FULL BODY FRIDAY SARAH	12.15	13.00	PILATES SAV	11.30	12.30			
	TABATA SARAH	13.00	13.30	POWERYOGA BECCA	13.00	13.45	TABATA SARAH	13.00	13.30	SPIN SARAH	13.00	13.30							VINYASA MARTA	13.00	14.00
				KICKFIT FRONZIE	17.45	18.30	IYENGAR ARABELLA	17.15	18.15				PILATES HOWARD	17.15	18.15	COMBINATION YOGA CHRIS	15.30	16.30			
EVENING			ZUMBA ZSANA	18.45	19.30																
	SIVANANDA YOLANDE	18.15	19.30	SPIN & ABS FRONZIE	18.45	19.30				CIRCUITS MARIA	18.00	18:30									
	ZUMBA SOFIA	19.45	20.30	DETOX YOGA CHRIS	19.30	20.30															

Our classes are free for all members, please **sign in** at the front desk 10-15 minutes before the class starts to book your space.

JUST ADD SWEAT.

Abs Blast: An intense workout for your core muscles.

Circuits: Body training putting the body to the test, at your own pace.

Kick starter: A fast paced interval training class to energise and keep you strong.

Body Conditioning: Resistance training focusing on different muscle groups.

Bootcamp: Intense full body workout keeping it different each week

Core : Mix up your Monday routine with a core workout.

Full Body Friday: All over toning and training circuit with an endurance boost.

HIIT fit: Cardio and strength class at your own pace! Reach your peak.

KickFit: Intensive class that uses kicking routines to burn fat & tone.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels.

Tabata: Hiit lunchtime hard with this energetic timed workout.

Zumba: Fun & exhilarating dance class.

Combination Yoga: A mix of flexibility, cardio and core strength.

Detox Yoga: Challenge your strength, balance and mind with this active form of yoga.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Iyengar Yoga: A physical wellness style that develops strength and wellbeing.

Kundalini Yoga: Powerful yoga using mantra, meditation and posture to harness the body's energy.

Pilates: Mat based class designed to target the abs and back focusing on core stability, flexibility and mobility.

Power Yoga: A dynamic yoga linking each pose with breath to enhance flexibility.

Sivananda Yoga: Using methodical posture with breathing for relaxation and core.

Vinyasa flow Yoga: Constant, disciplined movement that works body and mind.

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The Glassworks Health Club 