Q2 2022

3HT GLASSWORKS HEALTH CLUB

MON		TUE		WED		THU		FRI		SAT		SUN	
HIIT Intervals Phil	7.15 8.00	Spin & Abs Fronzie	7.15 8.00	Sunrise Yoga Olivia	7.30 8.15	Spin Claire	7.15 8.00	Flow Yoga Olivia	7.30 8.15	Bootcamp Phil	8.00 8.45		
Myofascial Yoga Arabella	9.30 10.30	Fitball Fronzie	10.00 10.45	Kundalini Lizzie	9.30 10.15	Myofascial Yoga Arabella	9.30 10.30	Flex Yoga Viviane	9.30 10.15				
Myofascial Yoga Arabella	10.45 11.45							Core - Barre Lucia	10.30 11.15			Posture Pilates Mel	10.15 11.00
Core Fit Sarah	13.00 13.45	L . B . T Sarah	13.00 13.45	Power Yoga Victoria	13.00 13.45	Full Body Sarah	13.00 13.45	Pilates Mel	13.00 13.45				
Floor Barre Lucia	17.15 18.00	Spin Claire	17.45 18.30	Fitness Yoga Chris	17.30 18.15	Functional Fitness Lucia	17.15 18.00	Spin Claire/Zoe	17.30 18.15			Dynamic Yoga Chris	15.30 16.30
Dynamic Yoga Chris	18.15 19.15	BARRE Fit Lucia	18.00 18.45	Tabata Harriet	19.00 19.30	Yin & Yang Yoga Victoria	18.30 19.15						
Mash-up Lucia	19.30 20.15	Moon flow yoga Olivia	19.00 19.45										

FASTER. BETTER. STRONGER.

HIIT Fit A fast paced interval training class to energise and keep you strong.

Body Con: An intense all body workout.

<u>Core</u>: An intense class, working the whole core.

<u>Circuits:</u> Strength & resiliance training going from 'station' to 'station'.

<u>Barre Fit:</u> For all abilities - improving posture, increased flexibility + de-stress.

<u>Full Body:</u> Varied 'stations' in Tabata style working full body!

HIIT fit: Cardio and strength class high intensity interval training.

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

Spin: Indoor cycling that pushes your endurance levels.

<u>Tabata</u>: Hiit lunchtime hard with this energetic timed workout.

Zumba: Fun & exhilarating dance class.

Mash-up Monday: Full body posture and movement based fitness.

<u>Combination Yoga</u>: A mix of flexibility, cardio and core strength.

<u>Flow Yoga:</u> A Yoga practice of movement and breath to challenge mind and body. Strengthening, lengthening, and re-balancing.

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

<u>Pilates:</u> Designed to target core stability, flexibility and mobility.

<u>Power Yoga</u>: A more intense style of Flow with power core holds.

Flex Yoga: Focusing on mobility with strength.

Yin & Yang Yoga: A combination of dynamic and postures. A great mix!

<u>Core Yoga</u>: Pilates mixed with yoga for a great strength and posture workout.

<u>Myofascial Movement</u>: A functional approach to yoga, training the myofascial system.

<u>Core—Barre</u>: Using floor core exercises for increased core strength & structure

Moon Flow Yoga: Poses such as mountain, star, pyramid & triangles to calm the body.

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