

# Wellness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	<b>Yoga</b> 60mins		<b>Pilates</b> 60mins	<b>Yoga</b> 60mins			
7.30am	<b>Pilates</b> 50mins	<b>Stretch</b> 50mins	<b>Pilates</b> 50mins	<b>Stretch</b> 50mins	<b>Pilates</b> 50mins		
8.30am	<b>Pilates</b> 60mins	<b>Mobility            for athletes</b> 60mins	<b>Pilates</b> 60mins	<b>Pilates</b> 60mins	<b>Yoga Fusion</b> 60mins	<b>Yoga</b> 60mins	
9.00am							<b>Yoga</b> 75mins

# CLASS DESCRIPTIONS

## Stretch

Join this class to improve stability, flexibility, and range of motion. Occasional use of Rollers, Bands and Balls.

## Pilates

Classic mat work class using bodyweight and varying equipment to improve strength and posture.

## Mobility for Athletes

Aimed at athletes to enhance performance, Release and Recover works on the tightest and weakest areas of the body using balls, blocks and bands to achieve better movement. Functional mobility at its best.

## Yoga

Yoga is an ancient practice that involves physical poses, concentration, breathing techniques and meditation to promote mental and physical well-being. The overall philosophy of yoga is about connecting the mind, body, and spirit. A regular yoga practice can promote endurance, strength, calmness, flexibility, and overall well-being.

All styles can be modified to suit ability level.

## Yoga Fusion

Yoga Fusion combines elements of Yoga with breathwork, stretches and core for an overall workout.