

Wellness Studio

13 January 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|------------------------------|-----------------------------------|
| 6.15am | Yoga 60mins | Yoga 60mins | Stretch and Core 60mins | Yoga 60mins | | |
| 7.30am | Pilates 50mins | Gentle Yoga 50mins | Yoga 60mins | Stretch and Mobilise 50mins | Pilates 50mins | Stretch and Core 50mins |
| 8.30am | Stretch and Core 60mins | Stretch and Mobilise 60mins | | Pilates 50mins | Gentle Yoga 50mins | Yoga 60mins |

CLASS DESCRIPTIONS

Stretch and Mobilise

Join this class to improve stability, flexibility, and range of motion. Occasional use of foam rollers and other equipment.

Stretch and Core

Half core work half stretching, this class gives you the best of both worlds!

Pilates

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

Yoga

Yoga is an ancient practice that involves physical poses with breathing techniques to promote mental and physical well-being. The 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.

Gentle Yoga

This class combines elements of Yoga with breathwork and stretches for an overall workout.