

Wellness Studio



Commencing 13 November 2023

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-------------------------|------------------------|----------------|-----------|----------------|---------------|
| 6.30am | Yoga 60mins | | Yoga 60min | | | |
| 7.30am | | Activate | Pilates | Activate | Pilates | |
| 8.30am | Body Talk | Release and Recover | | Body Talk | Yoga | Yoga 60min |
| 9.30am | Power Fusion Pilates | | | | CIRCL Mobility | |
| 10.45am | Yoga 60mins | | CIRCL Mobility | | Yoga 60mins | |
| 4.30pm | | | Yoga 60mins | | | |

all classes 50mins unless stated otherwise

CLASS DESCRIPTIONS

Activate

Improve your stability, flexibility, and range of motion. Mainly mat-based class, occasionally using foam rollers and acupressure balls.

Body Talk

This brand-new class is a series of movements to wake up your body and get your energy flowing. A steady combination of uplifting moves, strength and balance work, followed by a simple chi gong practice to put some happy “zen” into your day.

CIRCL Mobility

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Think gentle stretching movements to music.

Pilates

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

Power Fusion Pilates

A fusion of non-traditional Pilates and core work focused on strengthening and sculpting the entire body. Beginner and advanced welcome.

Release and Recover

Work on your tightest and weakest areas using balls, blocks and bands to achieve better movement and performance. Functional Mobility at its best.

Yoga

All Yoga classes are “Vinyasa Flow” style. Beginner and advanced welcome. (Vinyasa Flow involves fluid sequences of poses in time with your breath; poses can be modified to suit your ability level)