




# CLASS TIMETABLE

## MONDAY

- 6:00 am Strength & Conditioning with Matteo
- 9:30 am Metabolic Conditioning for Boomers
- 12:00 pm Barre & Rhythm Pilates 
- 5:00 pm Barre & Rhythm Pilates
- 6:00 pm Metabolic Conditioning 

## TUESDAY

- 6:00 am Barre & Rhythm Pilates 
- 9:00 am Strength & Conditioning with Matteo
- 10:00 am Strength for Boomers with Matteo
- 12:00 pm Stretch & Release 
- 5:00 pm Fusion 
- 6:15 pm Strength & Mobility

## WEDNESDAY

- 6:00 am Sādhanā 1
- 9:30 am Barre & Rhythm Pilates
- 12:00 pm Fluidity
- 5:00 pm TRX Express (45 minutes)
- 6:00 pm Pilates Reactivated




Please book to secure your place in class; online or via the GymMaster app


## THURSDAY

- 6:00 am Barre & Rhythm Pilates
- 9:00 am Strength & Conditioning with Matteo
- 10:00 am Strength for Boomers with Matteo
- 12:00 pm Restorative Yoga
- 5:00 pm Pilates Reactivated
- 6:00 pm Fusion

## FRIDAY

- 6:00 am Metabolic Conditioning
- 9:30 am Chair Yoga & Mobility
- 12:00 pm Pilates Reactivated
- 4:30 pm TRX Flow
- 5:30 pm Stretch & Release 

## SUPER SATURDAY

- 6:30 am Yin Yoga
- 8:00 am Pilates Reactivated 
- 9:30 am ConFusion
- 11:15 am Barre & Rhythm Pilates
- 3:00 pm Vinyasa Krama (fortnightly\*)
- 4:15 pm Yoga & Sound Healing (fortnightly\*)

## SELF-CARE SUNDAY

- 8:00 am Sādhanā Flow (fortnightly\*)
- 9:45 am Self-care Yoga Practice (fortnightly\*)

## POP UP CLASSES

Yoga Beats: Dates/times announced via email and socials

Aqua Zumba: Seasonally at Molong Pool

Workshops: Dates/times announced via email and socials

\* Saturday afternoon and Sunday morning classes will run fortnightly; check GymMaster for scheduling



Livestream via website



Follow us on socials for daily class reminders and Studio highlights



MOVEMENTEVOLUTION.STUDIO