

TIMETABLE 2022

GROUP FITNESS CENTRE - 5/1637 Main Road, Research VIC 3095

MICKYS FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		CIRCUIT Micky 45min	CIRCUIT Sarah 45min	STRENGTH CIRCUIT Amber 45min	CYCLE Kristian 45min		
7.00am						CIRCUIT Sarah 45min	
8.00am	FOREVER YOUNG Gayle 45min	MAT PILATES Michelle 60min	FOREVER YOUNG Gayle 45min		FOREVER YOUNG Gayle 45min	BOXFIT Sarah 45min	CIRCUIT Alex 45min
9.00am						CYCLE Amber 45min	
9.15am	CIRCUIT Timmy 45min	BOXFIT Micky 45min	STRENGTH CIRCUIT Micky 45min	HIIT Renee 30min	CIRCUIT Renee 45min		
9.45am				CYCLE Renee 30min			YOGA - Vinyasa Esther 60min
10.00am						CIRCUIT Amber 45min MAT PILATES Jean 60min	
10.10am	YOGA - Vinyasa Esther 60min	YOGA - Vinyasa Michelle 60min					
11.00am						YOGA - Vinyasa Andjela 60min	MEDITATION Esther 20min
11.10am	MEDITATION Esther 20min				YOGA - Vinyasa Amelia 60min	MEDITATION Andjela 20min	
12.10pm					MEDITATION Amelia 20min		
5.00pm		HIIT/ABS Renee 50min	CIRCUIT Micky 45min	STRENGTH CIRCUIT Micky 45min			
6.00pm	STRENGTH CIRCUIT Alex 45min	CYCLE Renee 45 min	HIIT/ABS Micky 50min YOGA - Hatha Esther 60mins	CIRCUIT Sarah 45min			
7.00pm	CYCLE Amber 45 min	CIRCUIT Alex 30min BOXFIT Alex 30min		BOXFIT Sarah 45min YOGA - Vinyasa Alanna 60min			
8.00pm	CIRCUIT Timmy 45min YOGA - Hatha Nadin 60mins	YOGA - Vinyasa Melinda 60min					

ABS : A class with a focus to strengthen the core.

BOXFIT: Boxing techniques & different combinations. A class to get your heart rate up & make you sweat.

CIRCUIT: A full body circuit to increase cardio, muscle tone, endurance and strength.

CYCLE: Freestyle class for toning & burning calories fast. Ride the hills & the flat roads with variety.

FOREVER YOUNG: Low impact work out, with light cardio, light weights, core, balance, stability & stretching – great for beginners.

HIIT: High intense interval training (HiIT) using various equipment.

STRENGTH CIRCUIT: A full body strength circuit to increase muscle tone, endurance and strength.

VINYASA YOGA: A yoga class in which you move from one pose directly into another; creating a flow, while focusing on relaxation and mindfulness.

HATHA YOGA: A yoga class in which you move your body slowly and deliberately into different poses that challenge your strength and flexibility, while focusing on relaxation and mindfulness.

MAT PILATES: a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture.

MEDITATION: Meditation guides you through a set of techniques that are intended to encourage a heightened state of awareness and focused attention.

MICKY'S FITNESS – OPEN 24 HOURS / 7 DAYS A WEEK

5/1637 Main Rd & 2/7 Candlebark Court, Research VIC 3095

GFC / MB Studio Staffed: Monday – Sunday 9.00am-12:00pm & Monday – Thursday 5-9pm
(24 Hour Gym Staffed: Monday – Thursday 5.00pm – 8.00pm)

www.mickysfitness.com 9437 0132