

TIMETABLE 2023

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

MICKYS FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		CIRCUIT Amber 45min	CIRCUIT Sarah 45min	STRENGTH CIRCUIT Micky 45min	CYCLE Irene 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 Micky 45min	CYCLE Irene 45 min	STRENGTH CIRCUIT Amy 45min	HIIT Micky 30min	CIRCUIT Micky 45min		
9.45am				BOXFIT Micky 30min			
10.00am						CIRCUIT Amber 45min MAT PILATES Mandee 55min	YOGA - Vinyasa Melinda 60min
10.10am		YOGA - Vinyasa Michelle 60min	MAT PILATES Lara 50min				
10.15am							
11.00am						YOGA - Vinyasa Andjela 60min	MEDITATION Melinda 20min
11.10am	YOGA - Vinyasa Amelia 60min				YOGA - Vinyasa Amelia 60min	MEDITATION Andjela 20min	
12.10pm	MEDITATION Amelia 20min				MEDITATION Amelia 20min		
5.00pm	GLUTE BUILDING & ABS Mimz 30min	HIIT/ABS Micky 50min	CIRCUIT Micky 45min YOGA - Family Suze 30mins	STRENGTH CIRCUIT Sarah 45min			YOGA Flow & Restore Melinda 60min
6.00pm	STRENGTH CIRCUIT Alex 45min	CYCLE Irene 45 min	HIIT/ABS Micky 50min YOGA - Hatha Suze 60mins	CIRCUIT Sarah 45min			
7.00pm	CYCLE Irene 45 min	CIRCUIT Alex 30min BOXFIT Alex 30min		BOXFIT Sarah 45min YOGA - Vinyasa Alanna 60min			
8.00pm	CIRCUIT Amber 45min YOGA - Hatha Amelia 60mins	YOGA - Vinyasa Melinda 60min					

02/03/23

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.

GLUTE BUILDING & ABS: Exercises designed to build and tone the gluteus and abdominal muscles.

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

SCULPT: Combining yoga with low impact weights and cardio; Sculpt will tone, build muscle to support bone density and enhance mobility.

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

FAMILY YOGA: A family-based yoga, where members can bring along their children (\$5 per child).

FLOW & RESTORE YOGA: A slower vinyasa class combined with Yin and Meditation. A gentle yet challenging class that mindfully cultivates awareness of breath and movement.

FREE-STYLE AEROBICS: A cardio workout to get that heart-rate pumping, with funky moves and music.

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.

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