

# TIMETABLE 2023

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

# MICKYS FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		<b>CIRCUIT</b> Amber 45min	<b>CIRCUIT</b> Sarah 45min	<b>STRENGTH CIRCUIT</b> Micky 45min	<b>CYCLE</b> Kristian 45min		
7.00am						<b>CIRCUIT</b> Sarah 45min	
8.00am	<b>FOREVER YOUNG</b> Gayle 45min	<b>MAT PILATES</b> Michelle 60min	<b>FOREVER YOUNG</b> Gayle 45min		<b>FOREVER YOUNG</b> Gayle 45min	<b>BOXFIT</b> Sarah 45min	<b>CIRCUIT</b> Alex 45min
9.00am						<b>CYCLE</b> Amber 45min	
9.15am	<b>CIRCUIT</b> Micky 45min	<b>CYCLE</b> Irene 45 min	<b>STRENGTH CIRCUIT</b> Amy 45min	<b>HIIT</b> Micky 30min	<b>CIRCUIT</b> Micky 45min		
9.45am				<b>BOXFIT</b> Micky 30min			
10.00am						<b>CIRCUIT</b> Amber 45min <b>MAT PILATES</b> Mandee 55min	<b>YOGA - Vinyasa</b> Melinda 60min
10.10am		<b>YOGA - Vinyasa</b> Michelle 60min	<b>MAT PILATES</b> Lara 50min				
10.15am			<b>FREE-STYLE AEROBICS</b> Amy 45min				
11.00am						<b>YOGA - Vinyasa</b> Andjela 60min	<b>MEDITATION</b> Melinda 20min
11.10am	<b>YOGA - Vinyasa</b> Amelia 60min				<b>YOGA - Vinyasa</b> Amelia 60min	<b>MEDITATION</b> Andjela 20min	
12.10pm	<b>MEDITATION</b> Amelia 20min				<b>MEDITATION</b> Amelia 20min		
5.00pm	<b>GLUTE BUILDING &amp; ABS</b> Mimz 30min	<b>HIIT/ABS</b> Micky 50min	<b>CIRCUIT</b> Micky 45min <b>YOGA - Family</b> Suze 30mins	<b>STRENGTH CIRCUIT</b> Sarah 45min			<b>YOGA Flow &amp; Restore</b> Melinda 60min
6.00pm	<b>STRENGTH CIRCUIT</b> Alex 45min	<b>CYCLE</b> Irene 45 min	<b>HIIT/ABS</b> Micky 50min <b>YOGA - Hatha</b> Suze 60mins	<b>CIRCUIT</b> Sarah 45min			
7.00pm	<b>CYCLE</b> Irene 45 min	<b>CIRCUIT</b> Alex 30min <b>BOXFIT</b> Alex 30min		<b>BOXFIT</b> Sarah 45min <b>YOGA - Vinyasa</b> Alanna 60min			
8.00pm	<b>CIRCUIT</b> Amber 45min <b>YOGA - Hatha</b> Amelia 60mins	<b>YOGA - Vinyasa</b> Melinda 60min					

30/01/23

**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](http://www.mickysfitness.com) 9437 0132