

# TIMETABLE 2022

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		<b>CIRCUIT</b> Micky 45min	<b>CIRCUIT</b> Sarah 45min	<b>STRENGTH CIRCUIT</b> Amber 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> Gayle 45min	<b>CYCLE</b> Irene 45 min	<b>STRENGTH CIRCUIT</b> Micky 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> Esther 60min
10.10am	<b>YOGA - Vinyasa</b> Esther 60min	<b>YOGA - Vinyasa</b> Michelle 60min	<b>MAT PILATES</b> Lara 50min				
11.00am						<b>YOGA - Vinyasa</b> Andjela 60min	<b>MEDITATION</b> Esther 20min
11.10am	<b>MEDITATION</b> Esther 20min			<b>SCULPT</b> Esther 50min	<b>YOGA - Vinyasa</b> Andjela 60min	<b>MEDITATION</b> Andjela 20min	
12.10pm					<b>MEDITATION</b> Andjela 20min		
5.00pm		<b>HIIT/ABS</b> Renee 50min	<b>CIRCUIT</b> Micky 45min	<b>STRENGTH CIRCUIT</b> Micky 45min			<b>YOGA Flow &amp; Restore</b> Melinda 60min
6.00pm	<b>STRENGTH CIRCUIT</b> Alex 45min	<b>CYCLE</b> Renee 45 min	<b>HIIT/ABS</b> Micky 50min <b>YOGA - Hatha</b> Esther 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					

26/11/22

**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.

**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.

**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.

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