




GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM							 YOGA*	
6:00 PM		 YOGA*	 YOGA*		 YOGA*			

*Bookings are essential for all Yoga classes.

FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 YOGA	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.

**5 DAY
FREE
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

GROUP FITNESS CLASSES OFFER A HIGH ENERGY,
MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.

**CLICK NOW TO CLAIM
YOUR 5 DAY FREE PASS!**

