

FITNESS TIMETABLE

15 July – 2 September 2018*

No booking required, just turn up

Sunday (commences 15 July)

Tai Chi 9 – 10am

Tai Chi. Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. Suitable for everyone. Outside on the lawn if weather permits

Monday

Outdoor Bootcamp 9.30 – 10.30am

Kick start your week with this fun and innovative outdoor group training bootcamp session designed for all levels

Tuesday

Pilates 9 – 10am

Stretch with strength and control. Low impact physical conditioning class for all levels. Outside on the lawn if weather permits

Wednesday

Yoga 8 – 9am

Vinyasa flow yoga with Bayfitness. The best start to the day. Outside on the lawn if weather permits

Thursday

Yoga 7.15 – 8.15pm

Evening yoga with Bayfitness. Outside on the lawn if weather permits

Friday

Metabolic Resistance Training 5 – 6pm

High intensity, full body, fat burning training session combining cardio and strength training. Outside if weather permits

Saturday

Yoga 8 – 9am

Vinyasa flow yoga with Bayfitness. The best start to the day. Outside on the lawn if weather permits

* From September the 3rd there will be a new timetable. All our fitness classes are designed for all fitness levels and abilities. If weather permits classes will be outside. Bootcamp and kids fitness club may be taken to the beach. Please let the instructor know beforehand of any injuries or contraindications you have.

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SPA AND WELLNESS

