



RESIDENT CLASS TIMETABLE

MONDAY

8.30am (45mins) Pilates with Natasha Burgess
11.45am (60mins) Chair Yoga with Sian Marie
5.15pm (60mins) Twilight Vinyasa Yoga with Lenka Koubek
6.30pm (60mins) Yin Yang Restore with Lenka Koubek

TUESDAY

8.15am (45mins) Sun Practise Vinyasa Yoga with Jessica Wright
9.15am (45mins) Sun Practise Vinyasa Yoga with Jessica Wright
11.15am (45mins) All Style Dance Workout with Natasha Burgess
3pm (60mins) Full Body Workout with Megan Martin
6.00pm (60mins) Twilight Vinyasa Yoga with Jessica Wright

WEDNESDAY

8am (60mins) Pilates with Megan Martin
9.15am (60mins) Pilates with Megan Martin
11.45am (60mins) Chair Yoga with Sian Marie
5.15pm (60mins) Pilates with Luke Doyle
6.30pm (60mins) Bootcamp with Luke Doyle

THURSDAY

7.30am (60mins) Energising Wake Up Yoga with Luke Doyle
9.15am (60mins) Full Body Workout with Luke Doyle
10.30am (45mins) Zumba with Natasha Burgess
5.15pm (60mins) Bootcamp with Luke Doyle
6.30pm (60mins) Stretch & Release with Luke Doyle

FRIDAY

9.15am (60mins) Feel-Good Friday Flow Yoga with Lenka Koubek
10.30am (60mins) Pilates with Megan Martin

SATURDAY

9am (45mins) Pilates with Anna Weller

5pm (60mins) Moon Practise Hatha Yoga with Jaycee May

SUNDAY

10.15am (60mins) Yin Yoga with Jaycee May
11.30am (60mins) Breathwork with Jaycee May

KEY

Members-only class

Class held on the tennis court



source spa

CLASS DESCRIPTIONS

FULL-BODY WORKOUT   Total-body workout class using a mixture of free weights and bodyweight exercises, developing muscular strength, endurance and cardiovascular fitness.

ALL STYLE DANCE WORKOUT    A multi-layered, multi-genre, music-driven dance fitness class. Consider it a cardio workout to some of your favourite tunes.

ZUMBA    Dance your way through the day with this cardio and Latin-inspired dance class which includes salsa, merengue, samba and more.

BREATHWORK  Learn to actively connect with your breathing, calm your nervous system, improve your physical and mental health and create a deeper sense of wellbeing.

BOOTCAMP   A full body workout for all abilities. Using a mixture of equipment, fun games and different structures to keep sessions fresh and exciting.

STRETCH & RELEASE   A flexibility based class with the intent to release tight muscles, improve mobility and get more flexible.

CHAIR YOGA  Focuses on movement, meditation, breathwork and supporting the body while elongating muscles and easing tension. It is great for those who aren't able to sit down easily or have general mobility issues. Like traditional yoga, it promotes relaxation, reduces stress and improves mental clarity.

MOON PRACTISE HATHA YOGA  Leave worries and stresses behind using movement, breathwork and meditation. Reconnect with the body, calm the mind and feel more serene and stable.

ENERGISING WAKE UP YOGA  Energise, invigorate and prepare your body for the day ahead with this dynamic and fun vinyasa yoga class.

SUN PRACTISE VINYASA YOGA   An energising and uplifting morning Yoga class. Focusing on linking movement with breath in a dynamic and fun style, aiming to clear your mind and prepare you for the day ahead.

TWILIGHT VINYASA YOGA  Designed to release tension, this class combines fluid movement, energising sequences and mindful breathing to help you transition from daytime mode to evening relaxation. Expect a challenging flow that will invigorate your body and clear your mind.

YIN YOGA  A deeply nurturing practice using mostly floor-based asana. Positions are held for longer periods of time, using stillness and time to cultivate calm in body and mind. Ends with Yoga Nidra guided meditation. Bring props if you have them, though not essential.

YIN YAN RESTORE YOGA  A nurturing, transformative practise that blends gentle movement with deep stretching. 60 minutes of a harmonious journey from subtle flow to peaceful stillness, integrating breathwork and meditation. Perfect for those seeking balance and tranquillity at the end of a busy day.

FEEL-GOOD FRIDAY FLOW YOGA   An uplifting vinyasa yoga class connecting you to your body and breath, while harnessing your inner energy, strength and wellbeing.

PILATES  Be kind to your body with this low impact, physical conditioning and wellbeing class for all levels.

CARDIO

Aerobic exercise to increase your heart rate to burn fat, improve cardiovascular health and all-round fitness.

STRENGTH + TONE

Increase muscle mass to burn fat and create a leaner physique, plus improve balance, build stronger bones and joint flexibility.

KEY

FITNESS FOR FUN

Let go, smile, laugh and be silly with likeminded people while increasing your heart rate. A great practice to de-stress and improve your mood.

SKILLS

Enhance mental cognition alongside fitness as you learn something new or hone your skills.

MIND, BODY + SOUL

Nurture your entire being by relaxing, stretching and restoring.

SOURCE SPA