



*Fit* COLLECTIVE



# GROUP CLASS TIMETABLE

Monday	Cross Training YinYasa	6:30am 6pm
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Tuesday	Vinyasa Yoga Mat Pilates	6:30am 6pm
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Wednesday	Booty Barre	5:15pm
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Thursday	Vinyasa Yoga Mat Pilates	6:30am 6pm
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Friday	Row, Bike & Run	6:30am
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Saturday (Rooftop)	mat Pilates	8:30am
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# Class Descriptions

## Cross Training Class

Cross training is a way to vary your fitness program by combining different types of exercise activities. When working out, it is important to include a variety of exercises. Workouts without some variability increase your risk of sustaining an injury from repetitive strain or overuse.

## Booty Barre

Barre is an all body workout, focusing on lengthening, toning and working your legs and booty. Elements of ballet barre, dance, Pilates and fitness, including dance style music brings fun to the class. Bands or light weights may also be used. Wear grip socks or socks as no shoes are required for this class.

## Tue, Thurs & Saturday Yoga

Classes are strong with progressive sequences, dynamics and fun. You will leave feeling connected, empowered and invigorated.

Saturday class- Mat Pilates on the rooftop- please note that this class is for the interim, meaning that it will be offered up until September 16. Then it will re-launch again from end of October. Alternating with yoga.

## Yinyasa

Yinyasa is a fusion between the dynamic, yang style of Vinyasa and the relaxed and slow-paced style of Yin Yoga. During this class, we will build our heat with active movements to get our energy flowing and then we will find some stillness in longer holds to release tension from our body and mind.

## Mat Pilates

This mat-based Pilates workout focuses on core strength, flexibility, breathwork, and overall body awareness. The class offers a modern twist and will lengthen and strengthen the muscles while giving you a full-body workout.

Focusing on a variation of the Pilates mat workout, we will use props such as light hand weights and contemporary movements to help develop a strong inner core while sculpting long, lean muscles.

You'll leave the class feeling strong, energised, and empowered.

## Row, Bike, Run Class

The Trifecta of all cardio pieces! Participants will be using all 3 pieces of equipment- treadmill, bike and rower. You can work at your own pace, or push yourself hard through this session. All levels welcome.



**Classes are 45 minutes  
Bookings required**

**Please note classes and times may change or cancel without notice.  
We will do our best to find a replacement for a class cancellation.**

QR code



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Use QR code to download our  
FREE MyWellness app  
to book your classes