

	MAY GROUP FITNESS TIMETABLE					
	MON	TUE	WED	THU	FRI	SAT
Morning	Weekday morning classes coming soon					9:30-10:30 PILATES - Sarah
Lunch	12:30-1:30pm CIRCUIT - Mick	12:30-1:30 PILATES - Rebecca	12:30pm-1:30pm BOXFIT - Dale	12:30-1:30 PILATES - Rebecca	12:30pm-1:30pm BOXFIT - Dale	SUN
Evening	6:00-7:00pm CIRCUIT - Mick	6:00pm-7:00pm BOXFIT - Mick	6:30pm-7:30pm YOGA - Vicki	6:00pm-7:00pm CIRCUIT - Mick	7:00pm-8:30pm JIU JITSU - Gui	
	7:00pm-8:30pm JIU JITSU - Gui	7:00pm-8:30pm JIU JITSU - Gui	7:30pm-9:00pm JIU JITSU - Gui	7:00pm-8:30pm JIU JITSU - Gui		

GYM OPENING HOURS: MON-FRI 6am-9pm. SAT 7am- 5pm. SUN 8am-4pm.	EMAIL: info@tbcgym.com.au	TELEPHONE: 02 9357 7416
WWW.TBCGYM.COM.AU		

CLASS DESCRIPTIONS
BOX FIT: A high energy (upper body workout) using authentic boxing combinations to burn calories and gain really toned back, arms, shoulders, abs as well as learning self defence techniques. No prior boxing experience necessary. Please bring your own gloves.
CIRCUIT: A form of conditioning combining resistance training and high-intensity aerobics. Its designed to be easy to follow and target strength building as well as muscular endurance.
JIU JITSU: Brazilian Jiu- Jitsu is a martial art, combat sport, and a self defence system that focuses on grappling and especially ground fighting.
YOGA: Hatha (H)Yoga is the ancient Indian system of physical postures (asanas) and breathing exercises to encourage harmony in mind, body and soul. Hatha Yoga is designed to give you access to improved poise healthier breathing and a sense of 'a life in balance'.
PILATES: A calm low impact class that involves using your own body weight to strength and tone your abs, lower back, hip flexor, and bum (your core muscles) to improve your posture, alignment, developing a flexible torso and stabilized core.
Personal Training sessions available during & outside general opening hrs, for all enquires t:9357 7416