



# GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Dynamic Yoga (60min)	One Lifestyle Spin (45min)	HIIT (30min)	One Lifestyle Spin (45min)	HIIT (30min)		
6:30am	One Lifestyle Spin (EXPRESS 30min)						
7:00am				Rise and Shine (60min)		One Lifestyle Spin (45min)	
7:15am	Mat Pilates and Stretch (45min)				Abs & Flex (30min)		
7:30am		Tai Chi (45min)					
8:00am						Rocket Yoga (60min)	
8:30am						Aqua (45min)	
9.15am	HIIT Strength (60min)				HIIT Strength (60min)		
9:30am	Beginners Blend (60min)	HIIT (30min)	Tai Chi (45min)	BOX FIT (30min)	Dynamic Yoga (60min)	Hatha Yoga (60min)	
11:00am	Aqua Fit (45min)		Aqua Fit (45min)	Hatha Yoga (60min)			
4:15pm							Weekend Wind Down (75 min)
6:00pm		HIIT (30min)		HIIT (30min)			
6:15pm	HIIT Strength (60min)	Ashtanga Modified Primary Series (60min)	One Lifestyle Spin (45min)	One Lifestyle Spin (EXPRESS 30min)	Yin Yoga (80min)		
6:45pm			Yin Yoga (80min)				
7:00pm	Ashtanga Modified Primary Series (60min)			Mat Pilates and Stretch (30 min)			
7:45pm				Meditation (45min)			

Booking required for all classes via Torquay Golf Club Gym Member portal.  
 Registrations open 1 day in advance from 9am.

<https://www.torquaygolfclub.com.au/welcome/index.mhtml>