



ONLINE CLASSES 12 APRIL-17 MAY

TUESDAY

12:30 PILATES(GEN) KELLY 60MIN
 18:00 BODY COMBAT BEX 60MIN
 19:15 BODYBALANCE TEGAN 45MIN

WEDNESDAY

19:00 STRETCHFLOW LAUREN 30MIN

THURSDAY

16:00 PILATES KELLY 60MIN
 19:15 STRETCHFLOW LAUREN 30MIN

FRIDAY

13:00 PILATES(GEN) JO 60MIN
 17:30 LBT KELLY 45MIN
 19:00 BODY BALANCE KELLY 60MIN

SUNDAY

11:00 PILATES(GEN) LUKE 60MIN

CLASS DESCRIPTIONS

ONLINE



LES MILLS BODY COMBAT
 THE ORIGINAL MIXED MARTIAL ARTS
 WORKOUT. THIS HIGH TEMPO SESSION
 GIVES A FULL BODY WORKOUT- SERIOUS
 FUN, SERIOUS CALORIE BURN!



LES MILLS BODY BALANCE
 INSPIRED BY YOGA & PILATES, BODY
 BALANCE USES A RANGE OF MOVEMENTS
 SET TO MUSIC THAT WILL IMPROVE YOUR
 MIND & BODY



STRETCH FLOW
 GENTLE OPENING SEQUENCES FOR A
 FULL-BODY MOVEMENT CLASS.



PILATES
 FOCUS ON POSTURE & FLEXIBILITY. IT IS
 SUITABLE FOR ALL AGES & FITNESS
 LEVELS



LEGS BUMS TUMS(LBT)
 FOCUSING ON THE LOWER BODY
 ALONG WITH THOSE ALL IMPORTANT
 CORE MUSCLES!

**No need to sign up for online classes- just
 join us on our Online Classes page on
 Facebook!**

StMICHAELS
 HEALTH
 CLUB

