

Galleon Fitness Classes

Please book in via the MyWellness app

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin Blast 7.15am-7.45am Gym 2 (Dale)				Yoga 7.15am-8.00am Gym 1 (Sophie)	Body Blast 9.30am-10.15am SH 1 / Outside (Kel)	Yoga 10.00am-11.00am Gym 3 (Katie)
Body Pump 6.00pm-7.00pm Gym 3 (Rebecca)	Spinning 6.00pm-6.45pm Gym 1 (Kel)	Boxing Fitness 6.00pm-6.45pm Gym 1 (Hin Ho)	Mindfulness 5.50pm-6.30pm Classroom (Hin Ho)		Spinning 10.30am-11.15am Gym 1 (Kel)	Tai Chi 11am-11.45am Gym 1 (Hin Ho)
Abs blast 7.00pm-7.30pm Gym 2 (Laila)	Full Body Conditioning 6.00pm-6.45pm Gym2 (Laila)	Body Pump 6.00pm-7.00pm Gym 3 (Fiona)	Spin HIIT 6.00pm-6.45pm Gym 1 (Tracy)			
Pilates 7.00pm-8.00pm Gym 1 (Magda)	Spinning 7.00pm-7.45pm Gym 1 (Kel)	Kettlebell Blast 7.00pm-7.30pm Gym 1 (Hin Ho)	Pilates 6.30pm-7.30pm Gym 3 (Pamela)			
	Online Pilates 7.15pm-8.15pm Online (Lisa)	Yoga 7.00pm-8.00pm Gym 3 (Katie)	HIIT Circuits 7.00pm-7.45pm Gym 1 (Kel)			

Body Blast	Ultimate Circuit Training involving a variety of different exercises, will definitely leave you with a sweat on.
Body Pump	Weight training session using bars and weights to promote a lean and toned body.
Circuits & HIIT Circuits	A high-intensity workout using different exercises with differing time intervals and rest periods. Suitable for all levels. (please bring your own mat if possible)
Abs Blast	Abs Blast is an intense abdominal workout aimed at developing core muscle. It focuses on all areas of abdominal muscles helping to build strength, improve posture and tone abs.
Kettlebell blast	Kettlebells offers a different kind of training using dynamic moves targeting almost every aspect of fitness - strength, balance, agility and cardio endurance.
Pilates	Pilates is a method of exercise that consists of low impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
Spin Blast	A 30-minute high intensity indoor cycling workout to burn calories and keep burning after you finish.
Spinning	A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high and wanting more.
Full Body Conditioning	Body Conditioning is a whole body workout that can improve your overall general fitness, it's a great way to get in shape and feel good about your body, it focuses on strength, muscular endurance and conditioning
Yoga	Linking movement with breath to make more space and openness in the body and cultivate a feeling of calm in the mind. A playful class inspired by freedom of movement that focuses on building strength and flexibility. Open to all levels and abilities.
Boxing Fitness	Boxing Fitness is based on the training concepts boxers use to keep fit. Classes take a variety of formats and are a great way to stay in shape and have fun (Feel free to bring your own gloves)
Tai Chi	Tai Chi involves a series of movements performed in a slow focused manner and accompanied by deep breathing. It is a noncompetitive self-paced system of gentle physical exercises and stretching. Each posture flows into the next without pause ensuring that your body is in constant motion.
Spin HIIT	A fun, athletic, cardiovascular cycling workout that also incorporates circuit style exercises.
Mindfulness	Learning how to be fully present and engaged in the moment, aware of your thoughts and feelings without distraction or judgement.

From 06 September 2021