




























The Toorak Club Group Fitness Classes

2019 Timetable

 Wellness Members Only

 Myzone Members Only

Updated Feb 2019

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	 MyHITT (45mins)	 MyAbz (45mins)	 MyStrength (45mins)	 MyHITT (45mins)		
6:15am			 Vinyasa (60mins)			
7:00am	 Pilates (60mins)					
7:30am					 Slow Flow Yoga (60mins)	 MyHITT (45mins)
8:30am					 MySpin (60mins)	
9:00am			 Slow Flow Yoga (30mins)			
9:30am	 MyHITT (45mins)		 MyHITT (45mins)			
10:00am	 Move to Improve (60mins)	 Slow Flow Yoga (60mins)	 Move to Improve (60mins)	 Slow Flow Yoga (60mins)	 Move to Improve (60mins)	
12:00pm	 Vinyasa (30mins)		 MySpin (30mins)			
12:30pm				 Pilates (30mins)		
5:45pm	 MyHITT (45mins)					
6:00pm		 MyBoxing (45mins)	 MyHITT (45mins)	 MyStrength (45mins)		
6:45pm			 Vinyasa (60mins)			
7:00pm		 Slow Flow Yoga (60mins)				
7:30pm	 Yin & Meditation (45mins)					

For More Info Contact US
(03) 9827 5226 | www.thetoorakclub.com.au

