

Class Timetable Spring 2020

October 2020

Call us to secure your spot

PHYSIYOGA
extend yourself



8B Rankine St

Strathalbyn 5255

P 08 8536 8558

E info@physiyogastrath.com.au

W www.physiyogastrath.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
6:00am / 6:15am	Vinyasa Flow (online) 6:00 – 7:00 Bauke			Vinyasa Flow 6:15 - 7:15 Bauke		
7:00am		Pilates Mat 7:00 - 7:45 Catherine				Pilates Circuit 7:00 - 7:45 Rosie
8:00am					Mat Pilates 8:00 – 9:45 Chris	Mat Pilates 8:00 - 8:45 Rosie
9:00am					Mat Pilates 9:00 - 9:45 Catherine	Awakening Yoga 9:00 - 10:00 Emily
Afternoon Classes						
4:30pm			Pilates Mat 4:30 – 5:15 Jayne			
5:15pm	Mat Pilates 5:15 – 6:00 Jayne	Mat Pilates 5:15 - 6:00 Rosie	Mat Pilates 5:15 - 6:00 Jayne	Awakening Yoga 5:15- 7:15 Emily		
6:15pm	Awakening Yoga Course Starts 12th October 6:15 - 7:15 Bauke	Vinyasa Flow 6:15 - 7:15 Bauke	Vinyasa Flow 6.15pm – 7:15 Emily	Awakening Yoga 6:15 – 7:15 Emily		
7:30pm	Yin Yoga Course Starts 12th October 7.30 – 8.30 Bauke		Pilates Circuit 7:30 - 8:15 Rosie	Meditation 7:30 – 8:15 Marnie		

Yoga

Vinyasa Flow

Vinyasa yoga is a powerful tool for body, mind and soul. This style is strong with short holds we breathe through the asanas (poses) in motion, flowing from one post to the next with your breath. By the end of this class you will be still in the mind and feeling stronger you in your body.

Awakening Yoga.

Traditional yoga practice, blending mindfulness, movement and meditation. Some poses are performed individually, while others are sequenced carefully to blend together. This is a fantastic class for those who want to have a regular yoga practice - where you will improve your strength and skill over time.

Yin Yoga

After a long day your body asks you to be gentle with it and relax. Feel the benefit from long held poses. During yin we use as little effort as we can - so we can soften our muscles and access the deeper layers of our body. Yin has nothing to do with how flexible you are. It is about listening to your body and using courage to take that time in your busy life to be still and to let go.

Meditation

Each week we explore different meditations - to help release long held tension and stress. Connect to your inner truth and let go of what you have been hanging on to. Feel you can't meditate? That's perfect this class is for everyone

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Group Physiotherapy

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
6:00am						
7:00am						
8:00am						8:00-8:45 Catherine
9:00am	9:00-9:45 Penny	9:00-9:45 Catherine		9:00-9:45 Emily		
9:45am				9:45 – 10:00 Emily		
10:15am		10:15 – 11:00 Catherine	10:15 – 11:00 Penny		10:15 – 11:00 Catherine	
10:45am				10:45 – 11:00 Catherine		
11:15am					11:15 – 12:00 Catherine	
Afternoon Classes						
1:00pm					1:00 - 1:45 Jayne	
2:00pm	2:00 - 2:45 Chris		2:00 - 2:45 Jayne	2:00 - 2:45 Chris		
3:00pm						
4:15pm	4:15 - 5:00 Jayne			4:15 - 5:00 Chris		

Physiotherapy

Group Physio

Small group reformer classes where you will work through your own detailed program under the guide of your Physiotherapist. Your tailored program can help you rehab injury, build and maintain strength, stability and get you moving and feeling your best. Speak to us about the Quickstart Program to fast track you in to a class.

(Rebates available through private health Item Number 560)

Pilates

Mat Pilates

Feel the burn in this fun dynamic circuit class. Each week a different program to help you build strength, tone and get your heart rate up. With a program that changes weekly exercises focus on strength, balance, tone and core strength.

Pilates Circuit

Ready to up your fitness, or add a class to your week? Join this dynamic class that will put you through your paces. This circuit class will keep you on your toes – using a range of Pilates equipment including the reformers.

**All Group Physio, Mat Pilates and Pilates Circuit Classes are run by a Physiotherapist or Exercise Physiologist
You are in great hands if you are Pre/Post Natal / Recovering from Injury (please let your instructor know)**