

Small group training schedule

We keep our groups small so we can give you the attention you deserve. Classes suitable for all fitness levels.

MON	TUE	WED	THU	FRI	SAT
		Strength 3D 6.00-6.45am			Strength 3D 6.45-7.30am
Golf conditioning 9.30-10.30am	ViPR & friends 9.15-10.00am	YogaFusion 9.15-10.15am	Golf conditioning 9.30-10.30am	ViPR & friends 9.15-10am	
			ViPR & friends 12.30-1.15pm		
YogaFusion 6.00-7.00pm	3D Precision Flow 6.00-6.45pm	YogaFusion 7.00-8.00pm	ViPR & friends 7.30-8.15pm		

Strength 3D (\$20): If you want to be strong in life and in sport as well as in the gym, this is the answer! we use especially designed weights to get you moving in a more fluid form and in different directions to build your strength in a more complete way.

ViPR & friends (\$20): This session uses any and all the progressive training tools we have in the studio for maximum variety, fun and challenge.

3D Precision Flow (\$20): These classes aim to connect body and mind with a focus on optimal alignment while moving. By modernising the traditional Pilates repertoire through knowledge of functional human anatomy, combining with progressive integrated movement techniques and with use of prescriptive movement and alignment cues, this fusion class is one-of-a-kind.

YogaFusion (\$20): The fusing together of a variety of styles of yoga, combining the traditional aspects of Hatha yoga, the flow and fluidity of Vinyasa yoga, and the poise and precision of Iyengar yoga.

Golf conditioning (\$25): Sports specific exercise for mature age golfers. We focus on three dimensional strength with maximum mobility to help you get an additional edge to your game.

If you are interested in a commitment bonus pack (excludes golf conditioning) – **10 sessions for \$165** – or in setting up a private group of five or more people with a common goal, reach out to one of our coaches – www.befreemlw.com.au/our-people.php

BOOK ONLINE NOW! Go to www.befreemlw.com.au