

Group exercise timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00—10.00am						Yoga	
6.00—7.00pm		GAP	Pilates	GAP	Yoga		

Yoga is a form of exercise that uses slow movements and stretching. It is great for increasing flexibility and balance and also helps to relax and relieve stress.

GAP Fitness is a form of exercise that uses exercises focused on buttocks, abdominals and legs muscles toning.

Pilates is a physical fitness system developed in the early 20th century by Joseph *Pilates*, after whom it was named. *Pilates* called his method "Contrology".

Classes are subject to change without prior notice.