



# OUTDOOR TIMETABLE

ENJOY A RANGE OF CLASSES MAKING THE MOST OF GYLLY BEACH,  
ST MICHAELS GARDEN & THE HEALTHCLUBS OUTDOOR GYM

## MONDAY

07:00	BEACH BOOTCAMP	GREG	45MIN
08:30	IMMERSIVE BEACH YOGA	BEX	45MIN
10:15	BODY CONDITIONING	GREG	45MIN
11:15	IMMERSIVE BODY BALANCE	BEX	55MIN
12:15	COAST TO CARDIO	STEVE	45MIN
17:15	CIRCUITS	LAUREL	30MIN

## TUESDAY

07:00	BEACH BOOTCAMP	KAT	45MIN
09:00	STRENGTH&CON	MILLIE	45MIN
10:30	STRENGTH&CON	MILLIE	45MIN
14:30	CIRCUITS	GREG	30MIN

## WEDNESDAY

08:30	BEACH BOOTCAMP	KAT	30MIN
09:00	BEACH YOGA	BEX	45MIN
13:45	CORE	KELLY	30MIN
14:30	POWER YOGA	IAN	45MIN
17:15	CIRCUITS	MILLIE	45MIN

## THURSDAY

09:00	IMMERSIVE BODY BALANCE	BEX	45MIN
09:15	STRENGTH&CON	LAUREN	45MIN
13:15	PILATES	JO	60MIN
14:15	CIRCUITS	GREG	30MIN
19:15	STRENGTH&CON	GREG	60MIN

## FRIDAY

07:00	RUN CLUB	LAUREL	45MIN
10:15	CIRCUITS	LAUREL	30MIN
12:15	IMMERSIVE BODY BALANCE	KELLY	55MIN
13:00	LADIES LIFT	LAUREL	45MIN

## SATURDAY

07:00	BEACH YOGA	LUCIE	45MIN
15:00	CIRCUITS	TEAM	45MIN
16:00	COMPOUND LIFT	TEAM	60MIN

## SUNDAY

08:30	BEACH BOOTCAMP	TEAM	45MIN
09:30	CIRCUITS	TEAM	30MIN
15:00	LADIESLIFT(BEG)	TEAM	45MIN
16:00	LADIESLIFT(ADV)	TEAM	45MIN

FINGERS CROSSED FOR A LOVELY SUMMER BUT IF THE RAIN  
CLOUDS APPEAR THERE WILL BE INDOOR SPACE FOR THE MOST  
OF THE CLASSES TO RUN

StMICHAELS  
HEALTH  
CLUB