# TIMETABLE

TUESDAY THURSDAY FRIDAY MONDAY WEDNESDAY SATURDAY 5.15 5.15 5.15 5.15 5.15 FIT (GO! FIT (BLD FIT NATH NATH NATH ZAC ZAC 6.00 6.00 5.45 6.00 F F ALANA ALANA CLAIRE 6.15 6.15 6.15 mV 6.30 6.30 6.30 6.30 6.30 6.30 (BLD FIT GO! FIT FIT FIT NATH NATH NATH CAZZY ZAC NATH 7.45 FIT ZAC 8.15 F CLAIRE 8.30 8.30 8.30 FIT FIT (GO! CAZZY ZAC NATH 9.30 9.30 9.30 9.30 9.30 F F W F R SOPHIE CLAIRE CLAIRE CLAIRE CLAIRE 9.30 9.30 9.30 9.30 9.30 FIT FIT (BLD FIT FIT NATH CAZZY CAZZY ZAC LEAH 10.30 10.30 10.30 Р KEL





Iyengar Yoga, CrossFit and Small Group Training, Pilates, Movement classes... All here and available under ONE membership.

Please see our website for instructor fill-ins, special events and to book in for your next session.

### **VFL FIT** 60 MIN

Building better humans.

Incorporating elements of

traditional fitness training,

FIT brings you the highest

quality, safest and most

weightlifting, gymnastics - VFL

effective long term solution to

training. Different every day and focused on progress, VFL

FIT is proud to individualise

workouts in the group training

**Foundations 75 MIN** 

The perfect place to start (but not the only place as Restorative is also available to first time yogis). This level is for yoga students of any experience level. The 75 min class focuses on the introductory poses, getting you familiar with the props and the language of yoga. You will also learn how to adapt poses for your best experience and start progressing the depth of

#### **VFL BUILD** 60 MIN

environment.

BLD

Our answer to strength training for building lean muscle mass through lifting and resistance based fitness.

VFL BUILD is resistance training for those who love to get fit. Combining conditioning principles with weight training to maximise your results whether it be for performance or looking better naked!

#### Advanced 90 OR 120 MIN

your practice.



For those with prior yoga experience or more than 6 months with us here at VFL, this is our most advanced session. These are truly special experiences each week, diving into the depths of yoga and yourself incorporating more inverted poses, and progressing your understanding of how yoga can be daily medicine for the body, mind and soul.

### VFL GO! 45 MIN

GO!

Sweaty fun in 45 min. This will often be a version of the VFL FIT or VFL BUILD workout for the day, broken down to get you in and out in 45 min.

Come experience HIIT (High Intensity Interval Training) the Verve For Life way. Simple, fast, effective.

### **Weekly Workshop** 90 MIN



The weekly workshops are an exploration of asana and pranayama to deepen your understanding of Iyengar Yoga. We dive deeply into the layers of yoga in order to break down the most detailed of instructions. This will ensure you develop a greater awareness of direction, alignment and anatomy.

## **CrossFit Kids**

45 OR 60 MIN

Age appropriate intensity and ten times the fun! CrossFit Kids is designed to help form healthy habits for life. We have one primary aged class on Mondays at 3:45pm. All other

classes are CrossFit Teens.

### **Bun in the Oven 60 MIN**

Pre-natal yoga. Taught for soon to be mums by our specially trained instructors. Such an event to look forward to each week - but you can certainly attend all of our regular classes - we have options for you in all our sessions.

### **mVmntVFL** 60 MIN

Movement - one of the fundamental pillars of healthy living. mVmntVFL will provide you with a HUGELY diverse exposure to how the body is designed to move. Move in all directions, move at any age, move without fear. The sky's the limit with mVmntVFL.

## Restorative

60 MIN

Take time for you. Whether you get to attend restorative once a week, or once a month, you'll be glad you did. Slow, quiet, inward. A perfect complement to our busy lives.

## **Specialty Sessions** Returning 2021



8-10 WEEK ENROLMENT BASED SESSIONS

Running in tandem with a school term (8-10 weeks) the specialty series will be dedicated to either weightlifting, gymnastics or aerobic capacity. Please ensure you're able to attend all sessions for the enrolment

### **Pilates** 60 MIN



Without a strong core, what do you have? Be a well rounded fitness fanatic or yogi by adding some Pilates to your life. A wonderful combination of mobility, core strengthening and breathing to give you the safest possible midsection.



period.