TIMETABLE

Commencing Monday 17th July 2023

Morning

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.15 NATH FIT	5.15 NATH FIT	5.15 NATH FIT	5.15 NATH FIT	5.15 NATH FIT	
				5.45 ALANA A	
					6.00 NATH FIT
	6.15 CLAIRE R&B	6.15 RENEE P	6.15 CLAIRE R&B		6.15 CLAIRE A
6.30 NATH FIT	6.30 NATH FIT	6.30 NATH FIT	6.30 NATH FIT	6.30 CAZZY FIT	
					7.00 NATH FIT
			8.30 CLAIRE W	8.30 RENEE P	8.30 SOPHIE F
9.30 CAZZY FIT	9.30 NATH FIT	9.30 CAZZY FIT	9.30 NATH FIT	9.30 NATH FIT	
9.30 MICHELE F	9.30 SOPHIE R	9.30 CLAIRE F		9.30 CLAIRE F	
	9.30 CLAIRE R&B				
			10.00 RENEE P		

Evening

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.15 SOPHIE F	4.15 RENEE P		4.15 MICHELE R		
4.30 NATH FIT	4.30 CAZZY FIT	4.30 NATH FIT	4.30 CAZZY FIT	4.30 NATH FIT	
4.30 CAZZY CT		4.30 CAZZY CT			
5.30 RENEE P	5.30 CLAIRE F	5.30 MICHELE R	5.30 MICHELE F	5.30 MICH/ SOPHIE F	
5:30 NATH FIT	5:30 CAZZY FIT	5:30 NATH FIT	5:30 CAZZY FIT		
5.30 CLAIRE R&B		5.30 CLAIRE R&B			
6.30 CLAIRE A					

SUNDAY

F

4:00

ALANA/ CLAIRE

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

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

VFL FIT
60 MIN — FIT

Building better humans. Incorporating elements of traditional fitness training, weightlifting, gymnastics - VFL FIT brings you the highest quality, safest and most effective long term solution to training. Different every day and focused on progress, VFL FIT is proud to individualise workouts in the group training environment.

Foundations
75 MIN — F

The perfect place to start (but not the only place as Restorative is also available to first time yogis). This 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 your practice.

CrossFit Kids/Teens
60 MIN — CT

Age appropriate intensity and ten times the fun!
CrossFit Kids and CrossFit Teens classes are designed to help form healthy habits for life. We currently have three class times each week for CrossFit Kids & Teens. These classes run during school terms only. Chat to us to find out the best class option for your child.

Advanced
90 OR 120 MIN — A

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.

Resilience & Balance
60 MIN — R&B

Movement - one of the fundamental pillars of healthy living. Resilience & Balance 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 Resilience & Balance.

Weekly Workshop
90 MIN — W

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.

Pilates
60 MIN — P

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.

Restorative
60 MIN — R

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.

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