



GROUP FITNESS TIMETABLE

TIMETABLE EFFECTIVE 9 JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:00am		
	SPIN	PURE STRENGTH	SPIN	METAPWR		
					8:45 - 9:30am	
					SPIN	
					9:45 - 10:15am	
					YOGA BARRE FLOW	
12:05 - 12:50pm	12:05 - 12:50pm	12:05 - 12:50pm		12:05 - 12:50pm		
TO THE CLOCK CIRCUIT	BARRE	TO THE CLOCK CIRCUIT		TO THE CLOCK CIRCUIT		
12:15 - 1:00pm						
YOGA/PILATES		12:45 - 1:30pm				
	1:00 - 1:45pm	SPIN	1:00 - 1:45pm			
	TOTAL GYM GRAVITY		PURE STRENGTH			
5:30 - 6:15pm	5:45 - 6:15pm		5:45 - 6:15pm			
BARRE	YOGA		YOGA			

BARRE

A fusion of pilates, dance and yoga moves to strengthen, lengthen and tone the body using a barre ball, light hand weights and of course barre! No prior dance experience required.

HIIT

Combines traditional bodyweight exercises with the latest high intensity interval training techniques to set the metabolism on fire! HIIT will seriously change your body

TOTAL GYM GRAVITY

Incline bodyweight training that targets a multitude of health and fitness goals by imposing demands on an individual's condition by using a variable pulley system. * Gravity class passes are available from Reception 15 minutes prior to the class start time.

PILATES

A body conditioning work-out that concentrates on core stability, postural alignment, breathing techniques and body awareness in order to tone and strengthen the abdominal and back muscles. This is the ideal class to lengthen the muscles, increase flexibility and improve posture.

PURE STRENGTH

Using hand weights, plate loaded barbells and your own body weight to change the shape of your body. No muscle gets neglected in this class

SPIN®*

The ultimate cardiovascular and muscle endurance program. This high cadence cycling class places the workload on your heart and lungs whilst reducing the impact on joints and connective tissue. It's fun and gives you results!

TO THE CLOCK CIRCUIT

Combines functional movements at an intensity relative to your own physical ability. Push your body out of its comfort zone safely and reach new levels in your fitness. Sessions are scalable to suit any fitness level.

METAPWR™

Sticking to fundamental training principles, Metafit have created a power circuit class using functional kit and exercises to work muscle and boost metabolism. Classes are 30 minutes in duration.

YOGA

Suitable for all levels, yoga will enable you to develop strength and flexibility, improved balance and awareness as well as a strong mind-body connection.

OPENING HOURS

Monday to Friday | 6:00am to 8:00pm

Saturday, Sunday and public holidays | 8:00am to 8:00pm

 cityclubhealthandfitness

 CityClubHealthFitness

CITY CLUB HEALTH & FITNESS CENTRE

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