

V Club Summer 2009 Timetable

Timetable effective from 19 February 2010 All class bookings must be made on T8088 8800

| MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | | SATURDAY | | |
|--------------|----------------|-------------|--------------|----------------------|-------------|--------------|--------------------|-------------|--------------|---------------------|-------------|--------------|-----------------------------|----------|---------------|----------------|----------|
| 6.45 - 7.30 | Cycle* | Mountain | 6.15 - 7.15 | Power Yoga | Firefly | 6.45 - 7.30 | Cycle* | Mountain | 6.30 - 7.30 | Hot Yoga | Firefly | 6.30 - 7.15 | Cycle* | Mountain | 8.30 - 10.00 | Power Yoga | Firefly |
| 7.15 - 8.00 | Power Yoga | Firefly | 6.45 - 7.30 | Cycle* | Mountain | 6.45 - 7.30 | Reformer* | Reformer | 7.00 - 8.00 | BodyPump™ | Warrior | 7.15 - 8.15 | Power Yoga | Firefly | 9.00 - 9.45 | Cycle* | Mountain |
| 12.15 - 1.00 | BodyPump™ | Warrior | 7.00 - 8.00 | Fight Fit | Warrior | 7.15 - 8.00 | Hatha Yoga | Firefly | 7.00 - 8.00 | Tai Chi | Hero | 12.15 - 1.05 | Hip Hop | Hero | 9.15 - 10.15 | Tai Chi | Hero |
| 12.15 - 1.05 | Power Yoga | Firefly | 7.00 - 8.00 | Tai Chi | Hero | 12.15 - 1.05 | Hot Hatha | Firefly | 12.15 - 1.05 | Power Yoga | Firefly | 12.15 - 1.00 | Hatha Yoga | Firefly | 10.00 - 11.00 | BodyPump™ | Warrior |
| 1.00 - 1.45 | Reformer* | Reformer | 12.15 - 1.00 | BodyJam™ | Hero | 12.15 - 1.00 | Pilates Mat | Warrior | 12.15 - 1.00 | ZUMBA® | Hero | 12.15 - 1.05 | BodyPump | Warrior | 10.15 - 11.15 | Power Yoga | Firefly |
| 1.10 - 1.40 | Cardio Circuit | Boxing Ring | 12.15 - 1.05 | Yin Yoga | Warrior | 1.05 - 1.55 | Reformer* | Reformer | 12.30 - 1.15 | Cycle* | Mountain | 1.15 - 2.00 | Yin Yoga | Warrior | 11.00 - 11.55 | Pilates Mat | Warrior |
| 1.10 - 2.00 | Pre-Natal Yoga | Cobra | 12.30 - 1.20 | Reformer* | Reformer | 1.10 - 1.40 | Cardio Circuit | Boxing Ring | 1.00 - 1.50 | Reformer* (I) | Reformer | | | | 12.00 - 12.50 | Reformer* | Reformer |
| | | | 1.10 - 1.55 | Cycle* | Mountain | 1.15 - 2.05 | Hatha Yoga | Warrior | 1.10 - 2.00 | Power Yoga | Firefly | | | | 1.00 - 2.00 | Hatha Yoga (B) | Warrior |
| | | | 1.10 - 1.40 | Hard Core | Boxing Ring | | | | 1.10 - 1.40 | Rock Bottom | Boxing Ring | | | | 2.00 - 3.00 | BodyPole* | Cobra |
| | | | 1.15 - 2.05 | Hatha Yoga | Warrior | | | | | | | | | | 3.00 - 4.00 | Exotic Dance | Cobra |
| | | | | | | 3.30 - 4.30 | Hot Hatha | Firefly | | | | 5.15 - 6.15 | Hot Hatha | Firefly | 3.00 - 4.00 | Zumba® | Hero |
| 4.45 - 5.40 | Broadway Dance | Hero | 4.45 - 5.40 | ZUMBA® | Hero | 4.45 - 5.40 | Contemporary Dance | Hero | 3.30 - 4.30 | Hatha Yoga | Warrior | 5.30 - 6.30 | Step | Warrior | 4.00 - 5.00 | Hip Hop | Hero |
| 5.15 - 6.15 | Power Yoga | Firefly | 5.15 - 6.15 | Power Yoga | Firefly | 5.15 - 6.15 | Power Yoga | Firefly | 4.45 - 5.40 | Belly Dance | Hero | 5.30 - 6.30 | Exotic Dance | Cobra | | | |
| 5.30 - 6.25 | Hatha Yoga (B) | Warrior | 5.30 - 6.25 | BodyPump™ | Warrior | 5.30 - 6.30 | BodyPole* | Cobra | 5.15 - 6.15 | Creative Hatha Yoga | Firefly | 5.30 - 6.20 | Reformer* (I) | Reformer | | | |
| 5.40 - 6.30 | Ballroom Dance | Hero | 5.40 - 6.25 | Cycle* | Mountain | 5.30 - 6.15 | Pilates Mat | Warrior | 5.30 - 6.15 | Fight Fit | Warrior | 5.40 - 6.25 | Cycle* | Mountain | | | |
| 5.40 - 6.25 | Cycle* | Mountain | 5.40 - 6.30 | Street Jazz | Hero | 5.40 - 6.25 | Cycle* | Mountain | 5.40 - 6.30 | Hip Hop | Hero | 5.45 - 6.45 | Zumba™ | Hero | | | |
| 5.45 - 6.45 | Reformer* | Reformer | 5.45 - 6.45 | BodyPole* | Cobra | 5.40 - 6.30 | Zumba® | Hero | 5.40 - 6.25 | Cycle* | Mountain | 6.20 - 7.20 | Vinyasa Yoga/ Meditation | Firefly | | | |
| 6.00 - 6.45 | Belly Dance | Cobra | 5.45 - 6.45 | Reformer Course (B)* | Reformer | 6.15 - 7.15 | Fight Fit | Warrior | 5.45 - 6.35 | Reformer* | Reformer | | | | 10.30 - 11.45 | Hot Hatha (I) | Firefly |
| 6.30 - 7.30 | BodyPump™ | Warrior | 6.30 - 7.30 | Brazilian Dance | Hero | 6.20 - 7.10 | Reformer* | Reformer | 6.15 - 7.15 | Power Yoga | Firefly | | | | 10.30 - 11.30 | Pilates Mat | Warrior |
| 6.30 - 7.15 | Cycle* | Mountain | 6.30 - 7.15 | Cycle* | Mountain | 6.30 - 7.15 | Cycle* | Mountain | 6.30 - 7.30 | BodyPump™ | Warrior | | | | 12.00 - 1.00 | Hatha Yoga (B) | Warrior |
| 6.30 - 7.30 | Hip Hop | Hero | 6.30 - 7.30 | Pilates Mat | Warrior | 6.30 - 7.30 | Exotic Dance | Cobra | 6.30 - 7.30 | ZUMBA® | Hero | | | | 2.15 - 3.15 | ZUMBA® | Hero |
| 6.30 - 8.00 | Power Yoga | Firefly | 6.30 - 7.30 | Power Yoga | Firefly | 6.30 - 8.00 | Power Yoga | Firefly | 6.45 - 7.45 | BodyPole* | Cobra | | | | 3.30 - 4.30 | Cycle* | Mountain |
| 6.45 - 7.45 | BodyPole* | Cobra | 6.45 - 7.35 | Reformer* | Reformer | 6.30 - 7.30 | Street Jazz | Hero | 7.15 - 8.15 | Power Yoga | Firefly | | | | 4.30 - 5.30 | BodyPump™ | Warrior |
| 6.45 - 7.35 | Reformer* (I) | Reformer | 7.30 - 8.25 | BodyJam™ | Hero | 7.15 - 8.15 | Step | Warrior | 7.30 - 8.30 | Broadway Dance | Hero | | | | | | |
| 7.30 - 8.30 | Vinyasa Yoga | Warrior | 7.30 - 8.30 | Yin Yoga | Firefly | 7.30 - 8.30 | Ballroom Dance | Hero | 7.30 - 8.30 | Dance Stretch | Warrior | | | | | | |
| 7.30 - 8.30 | Zumba® | Hero | | | | | | | | | | | | | | | |

SUNDAY

Opening Hours
Mon~Thu 6am - 10pm
Friday 6am - 9pm
Saturday 8am - 6pm
Sunday 10am - 6pm
Public Holiday 10am - 4pm

YOGA

HATHA AND VINYASA - Hatha is the ideal class for beginners as it focuses on teaching basic Yoga postures and breathing. Vinyasa is a flowing, heat generating form of Hatha Yoga suitable for those wanting a slightly more challenging workout. Both classes coordinate breath with movement resulting in a strong flexible body and peaceful mind.

HOT HATHA - Enjoy all the benefits of Yoga in a heated environment with this cardiovascular workout. With the studio heated to a hot 37 degree, your body will enjoy a deeper stretch, flush toxins, and have an improved immune system.

PRE-NATAL - A specific and gentle workout designed exclusively for pregnant women. Doctor's pre-approval is recommended.

POWER YOGA - A dynamic mix of sweat and spirit in a heated studio. Designed to tone your body and electrify your mind. A flowing class with many levels allowing beginner to advanced students to be challenged in the same class. This flow will torch calories, tone your body and relax your mind. Lead by Duncan Peak and the internationally recognized Power Yoga team.

YIN YOGA - A gentle workout comprising of mostly seated and lying postures. Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice.

FREE STYLE CLASSES

CARDIO CIRCUIT The express fat burner class that is guaranteed to change the shape of your body. Using all the coolest fitness toys like TRX, Kettlebells, boxing bag and tubing, this class will burn calories fast.

CYCLE Burn up to 500 calories in just one class. During the session the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class.

STEP Using an adjustable height platform, learn fresh moves and listen to great music. This is a fabulous class for getting fit and toning up.

ROCK BOTTOM The ultimate butt shaping workout. 30 mins of intense strength exercises designed to tone the legs, hips and butt.

MARTIAL ARTS

TAI CHI - A moving form of Yoga, Martial Arts and meditation combined. Tai Chi is performed slowly, softly and gracefully.

FIGHT FIT - Using pads and gloves this class develops fitness, coordination, strength and confidence. The ultimate workout inspired by traditional Muay Thai fighting.

DANCE WORKOUTS

BALLROOM DANCE - This is the real deal. Each month you will learn a new style of dance including Waltz, Rumba, Salsa, Cha Cha and Jive.

BELLY DANCE - The sensation that is sweeping the world. Learn the belly dance basics in a fun environment.

BODYPOLE - If you want the body, fitness, flexibility and strength of a goddess, then start here. This class uses the pole to develop the strength and endurance necessary to excel at Pole Dancing.

BRAZILIAN DANCE - A V Club signature class that makes getting fit fun. A fabulous high energy dance workout using moves from Brazilian origin. Learn to Samba, Salsa and Axe. Designed by Amy Mills, Sydney's reigning Brazilian dance queen.

BROADWAY DANCE - Laugh your way through fun musical theatre dances inspired from famous productions such as Chicago, Cabaret, Sweet Charity, Hairspray, West Side Story and many more. A show-stopping V Club signature class.

CONTEMPORARY DANCE - A graceful yet powerful blend of varying dance styles. Set to expressive music, this class explores the athleticism and sensuality of movement.

EXOTIC DANCE - Explore this smooth and sensual class that incorporates elements of Hip Hop, striptease and floor work. It's Pussycat Dolls with an 'R' rating.

HIP HOP - Learn street-style dance. Listen to the latest tunes, Move like you see in music videos. Authentic hip hop choreography taught by Sydney's hottest street dancers.

STREET JAZZ - The coolest blend of Jazz, Hip Hop and Funk. This class is the latest in street dance style and as seen in most Pop videos.

POLE DANCE COURSES* - Pole dancing is a form of erotic dancing that improves muscular endurance and coordination. It involves dancing sensually with a vertical pole and is often combined with athletic moves such as climbs, spins and body inversions.

ZUMBA® - The coolest blend of Jazz, Hip Hop and Funk. This class is the latest in street dance style and as seen in most Pop videos.

www.vclub.com.au Phone 8088 8888
48 Druiit St Sydney (1 min down from QVB)



V is for Variety!



LES MILLS WORKOUTS

BODYPUMP is a class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. The most successful group fitness program in history.

BODYJAM is the ultimate dance-based workout. A new generation fitness class that unlocks everyone's rhythmic and dancing instincts. An intoxicating potpourri of movement and music.

PILATES

GROUP REFORMER** - The workout of the future using the Pilates Reformers - bed-like machines that use springs to create resistance. You can adjust the resistance levels to suit you. A complete workout that trains alignment, posture and balancing your whole body.

PILATES MAT - Mat classes are the most simple and fundamental form of Pilates. Using your own body weight and gravity, class will focus mainly on developing your core strength. Suitable for all fitness levels.

Member's Privilege

FREE TRIAL

For a Friend.

Member Name:

Bring this pass into V Club for a free class or workout worth \$35. Call 8088 8888 to make an appointment today!

Conditions: To receive your FREE class or workout, take this pass to V Club for validation. You must be over 18 years of age, a Sydney resident and a first time visitor to V Club. Valid until 31 March 2010.



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