

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30AM	PILATES						
8:15AM				GET LOW			
9:00AM	HIIT				HIIT		
10:00AM	AQUAFIT				PILATES & AQUAFIT		PILATES
10:45AM						GET LOW	
5:30PM		PILATES		PILATES			
6:00PM			YOGA				



Pilates - low-impact, low to moderate-intensity group exercise class.

Monday and Friday classes are beginner to intermediate classes.

Tuesdays and Thursday are intermediate to advanced.

HIIT - Interval training exercises that incorporate several rounds, alternating between several minutes of high intensity movements, followed by short periods of lower intensity movements.

Yoga - Suitable for people of all ages and physical abilities. Benefits of yoga include increased strength and flexibility and reduced stress.

Get Low - A beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. This 45 minute LIT (low intensity training) full body workout uses boxing, dance, dumbbells, light cardio & seriously good music to transform your mind & body.

AquaFit - A full-body workout that combines cardio and strength training exercises.

All classes can be modified to suit your needs, please speak to your instructor.

Bookings essential through MiClub



CONTACT US

memberships@novotelvines.com.au

(08) 9297 0701

OPENING HOURS

Monday - Friday 9:00am - 5:00pm
Saturday & Sunday CLOSED