



YOGA TIMETABLE 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Dynamic Yoga (60 min)						
7:00am		Slow Flow (60 min)	Ashtanga Modified Primary Series (60 min)	Rise & Shine (60 min)	Rise & Shine (60 min)	Hatha Yoga (60 min)	
8:00am							Slow Flow (60 min)
8:15am			Slow Flow (60 min)		Beginners Blend (60 min)	Rocket Yoga (60 min)	
9:00am							
9:15am							Deeper Yin** (120 min)
9:30am	Beginners Blend (60 min)	Hatha Yoga (60 min)	Yin Yoga (75 min)	Yin Yoga (80 min)	Dynamic Yoga (60 min)	Yin Yoga (75 min)	
11:00am	Traditional Hatha (60 min)	Gentle Yoga (60 min)	Gentle Yoga (60 min)		Restorative Yoga (75 min)		
12:30pm							
4:00pm							Weekend Wind Down (75 min)
5:00pm					Yin Yoga (80 min)		
5:30pm							Yoga Nidra Meditation (45 min)
6:00pm	Ashtanga Modified Primary Series (75 min)	Dynamic Yoga (60 min)	Yin Yoga (80 min)	Slow Flow (60 min)			
7:15pm		Meditation (60 min)					

** Third Sunday of each month

Booking required for all classes via RACV Torquay Yep Booking Gym Member portal. Registrations open 1 day in advance from 8am.
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GROUP FITNESS TIMETABLE 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am		Spin (45 min)	Functional Training (45 min)	Box Strength (45 mins) Spin (45 min)			
7:15am	Mat (45 min)	Mat (45 min)	Reformer (45 min) Core + Mobility (45 min)	Reformer (45 min)	Mat (45 min) Reformer (45 min)	Spin (45 min)	
8:15am	Beginner Reformer (45 min)	Reformer (45 min)	Reformer (45 min)		Reformer (45 min)	Core + Mobility (45 min)	
9:15am	Functional Training (45 min)	Functional Training (45 mins) Reformer (45 min)	Reformer (45 min)	Mat (45 min)	Resistance Build (45 mins) Reformer (45 min)	Functional Training (45 min)	Mat (45 min)
10:15am	One Life (60 min)	Reformer (45 min) One Life (60 Mins)	One Life (60 mins)	One Life (60 mins)	One Life (60 mins)		
12:30pm	Reformer (45 min)			Core + Mobility (45 min)			
3:00pm							
4:00pm			Reformer (45 min)	Reformer (45 min)			
5:00pm				Reformer (45 min)			
5:15pm			Beginner Reformer (45 min)				
5:45pm			Functional Training (45 min)				
6:00pm		Functional Training (45 min)		Reformer (45 min)			
6:15pm	Resistance Build (45 min) Spin (45 min)		Spin (45 min)	Mat (45 min)			

* First Sunday of each month only ** Third Sunday of each month # Excluding First Sunday of each month

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