




## HEALTH & WELLNESS TIMETABLE SOUTH FREMANTLE

### South Fremantle Club details

-  258 Hampton Road, South Fremantle
-  9335 7333
-  info@warehousefitness.com.au
-  WarehouseFitnessCentre

Valid to: 30/06/2019

[www.warehousefitness.com.au](http://www.warehousefitness.com.au)

WEEKDAY CLASS TIMES						
	6.00am	8:00am	10:35am	5:30pm	7:00pm	7.30pm
MONDAY			VINYASA YOGA ALL LEVELS			VINYASA YOGA ALL LEVELS
TUESDAY						
WEDNESDAY	VINYASA YOGA ALL LEVELS		VINYASA YOGA ALL LEVELS	VINYASA YOGA ALL LEVELS		
THURSDAY						
FRIDAY		VINYASA YOGA ALL LEVELS				
WEEKEND CLASS TIMES						
	8:15am	10:40am	4:00pm			
SATURDAY						
SUNDAY	VINYASA YOGA ALL LEVELS		YIN YOGA ALL LEVELS			

**CASUALS WELCOME: ONLY \$12 per class / 10 visit Card for \$99.00**



## HEALTH & WELLNESS TIMETABLE O'CONNOR

### O'Connor Club details

-  Unit 1, 5 Stockdale Road, O'Connor
-  9331 4665
-  info@warehousefitness.com
-  WarehouseFitnessCentre

WEEKDAY CLASS TIMES			
	9:30am	10:35am	6.35pm
MONDAY			
TUESDAY		VINYASA YOGA ALL LEVELS	VINYASA YOGA ALL LEVELS
WEDNESDAY			
THURSDAY			VINYASA YOGA ALL LEVELS
FRIDAY	VINYASA YOGA ALL LEVELS		

# Class Descriptions

## CHILD MINDING HOURS



**BODYBALANCE** is the yoga-based class that will improve your mind, your body and your life. During Body balance, you will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You will strengthen your entire body and leave the class feeling calm and centred.

## VINYASA YOGA

**VINYASA YOGA** is a flowing dynamic form of yoga, connecting breath as you transition between postures. Suitable for all levels, variations available for beginners to advanced.

## YIN YOGA

**YIN YOGA** focuses on the connective tissues of the body by holding postures for longer periods. It increases circulation in the joints and improves flexibility. You will feel completely relaxed and gain a greater range of motion.

### MORNINGS AT BOTH

#### CLUBS

**Monday to Friday**

8.30am - 12 noon

**Saturday**

8.00am - 12 noon

### EVENINGS AT

#### FREMANTLE

**Monday Evening**

4.45pm - 7.45pm

**Tuesday Evening**

4.45pm - 7.45pm

**Wednesday Evening**

4.45pm - 8.00pm

**No booking required**

## TRADING HOURS

### SOUTH FREMANTLE

Monday	5.00am- 9.00pm
Tuesday	5.00am- 9.00pm
Wednesday	5.00am- 8.30pm
Thursday	5.00am- 8.30pm
Friday	5.00am- 8.00pm
Saturday	7.00am- 6.30pm
Sunday	8.00am- 12.00noon
	Re-open 3.00pm - 6.00pm

Please enquire for Public Holidays or check Facebook.

(08) 9335 7333

258 Hampton Rd, South Fremantle 6162  
(Entry off Naylor street at rear of building)



## TRADING HOURS

### O'CONNOR

**Extended trading hours 4am—11pm, 7 days a week**

Monday	7.00am - 7.00pm
Tuesday	7.00am - 7.00pm
Wednesday	7.00am - 7.00pm
Thursday	7.00am - 7.00pm
Friday	7.00am - 5.00pm
Saturday	7.00am - 12.00 noon
Sunday	8.00am - 12.00 noon

Please enquire for Public Holidays or check Facebook.

(08) 9331 4665

Unit 1, 5 Stockdale Rd, O'Connor 6163

