



PUSH! FITNESS DOCKLANDS

GROUP FITNESS PROGRAM - MARCH 2024

MONDAY 4 MARCH - SUNDAY 31 MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am - 7.00am CYCLE EXPRESS AJ	6.20am - 6.50am CYCLE EXPRESS Toby	6.15am - 7.00am SUPA CYCLE Andrew		6.20am - 6.50am CYCLE EXPRESS Toby	9am - 9.45am BODYPUMP Shashi	
7.00am - 7.45am BODYPUMP Donna			7.00am - 7.45am BODYPUMP Stephen		10.30am - 11.15am CHILDRENS BALLET * Cindy	10am - 10.45am BOXING Val
12.10pm - 12.40pm BODYPUMP EXP Jean	12.10pm - 12.40pm STEP Andrew	12.10pm - 12.40pm BODYPUMP EXP Andrew	12.15pm - 12.45pm WARRIOR James	12.10pm - 12.50pm MAT PILATES Jean		
	12.45pm - 1.30pm YOGA Jean					
5.40pm - 6.40pm BODYPUMP Stephen		5.30pm - 6.00pm CYCLE EXPRESS Toby	6.00pm - 7.15pm BOXING Val	6.00pm - 6.45pm WARRIOR Val	SUMMER UPDATES - Welcome Back Yolanda to BODYPUMP Classes! - Try Pilates Reformer - 3 Sessions: \$55 - Free Trial available for Adult Ballet! - PT PROMOTION - 10 Sessions: \$375	
6.45pm - 7.30pm YOGA Ugne	6.00pm - 7.00pm BODYPUMP Yolanda	6.00pm - 7.00pm BODYPUMP Stephen	6.00pm - 7.00pm BODYPUMP Keit			
7.30pm - 8.30pm ADULT BALLET * Cindy	6.30pm - 7.15pm BOXING Steve					

NOTE * ADULT BALLET and CHILDRENS BALLET with CINDY require enrollment prior to attending classes * CONTACT dance@thepushgroup.com.au for more information

OUR CLASS RULES

BOOK YOUR CLASSES THROUGH THE APP | ARRIVE EARLY FOR ALL CLASSES
 BRING AND USE YOUR TOWEL FOR EVERY WORKOUT | NO TOWEL, NO CLASS! | PLACE TOWEL ON MATS AND BENCHES | WIPE YOUR OWN SWEAT!
 BE FRIENDLY AND ALWAYS CONSIDER OTHER MEMBERS | USE SANTISERS AND WIPES MAINTAIN A HYGIENIC ENVIRONMENT | STAY AWAY IF YOU ARE UNWELL
 IF YOU ARE NEW TO GROUP FITNESS, PLEASE ALERT THE INSTRUCTOR BEFORE THE CLASS STARTS



OUR EQUIPMENT
 9 ALIGN PILATES REFORMER BEDS
 BOXES AND JUMP BOARDS
 ALIGN PILATES CADILLAC
 ALIGN PILATES WUNDA CHAIR
 ALIGN PILATES LADDER BARRELL
 HALF BARRELL
 BOSU BALLS
 PILATES RINGS AND BALLS
 PLUS MORE!



PILATES REFORMER PROGRAM | MARCH 5-31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am-7.45am REFORMER Mark	7.00am-7.45am REFORMER Jean	7.00am-7.45am REFORMER Ugne	7.00am-7.45am REFORMER Jean		8.15am-9.00am REFORMER Ugne	
10.00am-10.45am REFORMER Cindy	10.00am-10.45am REFORMER Jean	10.00am-10.45am REFORMER Cindy	10.00am-10.45am REFORMER Jean	10.00am-10.45am REFORMER Cindy	9.30am-10.15am REFORMER Cindy	10.00am-10.45am REFORMER Ugne
					12.00pm-12.45pm REFORMER Cindy	
12.15pm-1.00pm REFORMER Cindy	12.15pm-1.00pm REFORMER Ugne	12.15pm-1.00pm REFORMER Cindy	12.15pm-1.00pm REFORMER Jean	12.15pm-1.00pm REFORMER Cindy	Summer Updates! - Use your Reformer Sessions to access Yoga, Mat Pilates and Adult Ballet Classes! - Try Private Pilates - 2 X 45 Min Sessions \$120 - InfraRed Sauna coming soon! Package Promotion 10 Classes for \$225 25 Classes \$450	
5.30pm-6.15pm REFORMER Cindy	5.30pm-6.15pm REFORMER Jean	5.30pm-6.15pm REFORMER Ugne	5.30pm-6.15pm REFORMER Ugne	5.30pm-6.15pm REFORMER PLUS ★ Ugne		
6.30pm-7.15pm REFORMER Cindy		6.30pm-7.15pm REFORMER PLUS ★ Ugne	6.30pm-7.15pm REFORMER PLUS ★ Ugne			

★ *REFORMER PLUS SUITABLE FOR EXPERIENCED ATTENDEES ONLY ★

*Please remember to bring grip socks and a workout towel to class | Newcomers, arrive 10 minutes early for set up and quick orientation.

PUSH! PILATES is located at the ANZ Headquarters, 3/P 833 Collins Street, Docklands - Entrance is through PUSH! FITNESS Lobby on Navigation Drive

Owned and Operated by The Push Group Pty Ltd - Enquiries: Pilates@thepushgroup.com.au