



PUSH! FITNESS DOCKLANDS

GROUP FITNESS PROGRAM - MAY 2024

MONDAY 6th MAY - SUNDAY 2nd JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.20am - 6.50am CYCLE EXPRESS AJ	6.20am - 6.50am CYCLE EXPRESS Toby	6.15am - 7.00am SUPA CYCLE GIL 😊	6.20am - 6.50am CYCLE EXPRESS Stephen 😊	6.20am - 6.50am CYCLE EXPRESS Panthea / Toby	9am - 9.45am BODYPUMP Shashi	
			7.00am - 7.30am BODYPUMP EXP Stephen		10.30am - 11.15am CHILDRENS BALLET * Cindy	10am - 10.45am BOXING Val
12.10pm - 12.40pm BODYPUMP EXP Jean	12.10pm - 12.40pm SPIN & CORE 😊 Andrew	12.10pm - 12.40pm STEP Andrew	12.10pm - 12.40pm BODYPUMP EXP 😊 Donna	12.10pm - 12.55pm MAT PILATES Candy	MAY CLASS UPDATES - New Spin & Core class with Andrew 12.10pm Tuesdays. - New Warrior Class 12.45pm Wednesdays with Andrew - Step now on Wenesdays 12.10pm - New Cycle class on Thursdays 6.20am with Stephen! - New Warrior Class with Toby 5.30pm on Tuesdays. - New Bodypump class with Donna 12.10pm on Thursdays! - Free Trial available for Adult Ballet! - PT PROMOTION - 10 Sessions: \$375	
	12.45pm - 1.30pm YOGA Jean	12.45pm - 1.15pm WARRIOR 😊 Andrew	12.45pm - 1.30pm YOGA Cindy			
5.40pm - 6.40pm BODYPUMP Stephen	5.30pm - 6.00pm WARRIOR 😊 Toby	5.30pm - 6.00pm CYCLE EXPRESS Toby	6.00pm - 6.45pm BOXING Val	5.30pm - 6.15pm WARRIOR Val		
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 OTHERS | 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 | MAY 6th - JUN 2nd, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am-7.45am REFORMER Mark	7.00am-7.45am REFORMER Karis	7.00am-7.45am REFORMER Ugne	7.00am-7.45am REFORMER Candy			
10.00am-10.45am REFORMER Karis	10.00am-10.45am REFORMER Jean	10.00am-10.45am REFORMER Cindy	10.00am-10.45am REFORMER Cindy	10.00am-10.45am REFORMER Cindy	8.15am-9.00am REFORMER Ugne	10.00am-10.45am REFORMER Ugne
	↓	↓			9.30am-10.15am REFORMER Cindy	
12.15pm-1.00pm REFORMER Cindy	12.05pm-12.50pm REFORMER 😊 Ugne	12.05pm-12.50pm REFORMER 😊 Cindy	12.15pm-1.00pm REFORMER Jean	12.15pm-1.00pm REFORMER Cindy	12.00pm-12.45pm REFORMER Cindy	
	1.00pm-1.45pm REFORMER 😊 Ugne	1.00pm-1.45pm REFORMER 😊 Cindy			MAY CLASS UPDATES MORE LUNCHTIME CLASSES COMING... - Double Class on Tuesday with Ugne - Wednesday Double with Cindy! Try Private Pilates 2 X 45 Min Sessions \$120 Reformer Package Promotions 15 Classes for \$299 25 Classes \$450	
5.30pm-6.15pm REFORMER Cindy	5.30pm-6.15pm REFORMER Karis	5.30pm-6.15pm REFORMER Ugne	5.30pm-6.15pm REFORMER Candy	5.30pm-6.15pm REFORMER PLUS ✨ Ugne		
	6.30pm-7.15pm REFORMER 😊 Karis	6.30pm-7.15pm REFORMER PLUS ✨ Ugne	6.30pm-7.15pm REFORMER Karis			

😊 NEW CLASS / INSTRUCTOR / TIME

✨ *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