



MBS PRAHRAN

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Opening Hours

Monday - Thursday: 6am-11pm
Friday: 6am - 10pm
Saturday: 8am - 8pm
Sunday: 9am - 8pm



GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.15 AM				Spin 50 min Ella			
10:30 AM						Pilates 60 min Pia	Yoga 60min Jennifer
11:30 AM							
6:00 PM	Zumba 50 min Juglar	Spin 50 min Ella	Yoga 60 min Jarrod	Box & Abs 50 min Stacey			
7:00 PM	Yoga 60 min Jarrod	Zumba 50 min Juglar	TBB 50 min Adam	Yoga 60 min Jarrod			
8:00 PM		Pilates 60 min Pia					

TBB - TOTAL BODY BLAST: FULL BODY WEIGHT TRAINING USING FREE WEIGHTS AND THE BODY BAR
PILATES: HELPS DEVELOP CORE BODY STRENGTH. FOCUSED ON POSTURE AND CORE STRENGTH AND STABILITY. HELPS WITH MUSCULAR IMBALANCE AND IMPROVES SPINAL AND HIP FLEXIBILITY. A GREAT CORE TIGHTENING WORKOUT.
YOGA: AN AMAZING WAY TO WORK THE BODY AND MIND CONNECTION BY GIVING YOURSELF SOME TIME TO STRETCH AND RELEASE THOSE TIRED AND STRESSED OUT MUSCLES. YOGA IS SOMETHING EVERYBODY SHOULD BE DOING ON A REGULAR BASIS.
SPIN: OUR NEWEST CLASS TO HELP YOU LOSE WEIGHT AND TONE UP THE LEGS, BUTT AND ABS. IT IS A FUN AND AMAZING WORKOUT THAT WILL HAVE YOU SWEATING, SINGING AND BURNING OFF THOSE EXTRA POUNDS.
BOXERCISE & AB BLAST: A FULL BODY AND INTENSE ABDOMINAL WORKOUT USING BASIC BOXING TECHNIQUES TO INCREASE STAMINA, STRENGTH AND CARDIO FITNESS. A GREAT WAY TO GET RID OF STRESS FROM THE DAY AND HELP INCREASE CONFIDENCE.
ZUMBA: READY TO PARTY YOURSELF INTO SHAPE? THAT'S EXACTLY WHAT THE ZUMBA[®] PROGRAM IS ALL ABOUT. IT'S AN EXHILARATING, EFFECTIVE, EASY TO FOLLOW, LATIN-INSPIRED, CALORIE-BURNING DANCE FITNESS-PARTY™ THAT'S MOVING MILLIONS OF PEOPLE TOWARD JOY AND HEALTH.