



What's on the Menu & Timetable

Spring / Summer 2018

Choose your Zen times

	MON	TUES	WED	THU	FRI	SAT	SUN
6am	Zen Yoga	RZ ReZist Fusion	RZ F.I.T	RZ Run & Barre H.I.I.T	RZ Barre Fusion		
7am	Zen Yin/Yang	RZ Barre ReZist Fusion	RZ Barre Express	Pilates Mat	RZ TRX - Move		
745am						RZ Barre	
9am			TRX Strength		RZ RZ Barre Express	Zen Pilates Mat Studio 1/ Zen Yoga Studio 2	
9.15am							
10am	Studio 1 RZ Barre / Studio 2 RZ Tiny Tots	Studio 1 RZ Barre ReZist / Studio 2 Pilates Mat	Zen Yoga	RZ Barre	Pilates Mat		RZ Barre
10.15am						RZ F.I.T Studio 2 / RZ Barre ReZist Studio 1	
11.15am	RZ Pre & Post Natal Pilates						
11.30am			RZ Mum'B's Pilates & Barre			Zen Mobility, Stretch & Release	
4.00pm		Studio 1 RZ Barre/ Studio 2 Kids yoga					Zen Yoga 60 mins
5pm			TRX - Strength				
5.45pm	TRX - Strength				Zen Yin 75 mins		
6pm	RZ Barre	RZ ReZist /Pilates Mat	RZ Barre	Zen Yoga			
615pm				TRX Circuit			
7pm	Zen Yin 75 mins						
715pm		RZ Barre Essentials	Zen Yin 75 mins	Pilates Mat			

Zenners on memberships and packs can attend all classes.

Single Class \$20
 New Client Offer A Taste of Zen 4 weeks unlimited \$89
 10 Class Pack \$169 3 month expiry
 20 Class Pack \$320 4th exp
 1 Month Zen Unlimited \$200
 \$45* per week Zen Unlimited 12 month Membership.
 \$30* per week Essentials 2 Class 12 month Membership

Timetable subject to change seasonally

Online bookings essential

RZ Barre & TRX

Roaming Zen Barre, Barre Fusion RZ Barre 60 Min & Express 45 min Essentials	A blend of Pilates, Dance, Yoga and Functional Training. It's fun, energising and a targeted workout that uses the ballet barre, small exercise equipment Fit Ball, Pilates Stick, Foam Roller and Magic Circle that will sculpt, tone and stretch your entire body. In our Fusion class we fuse all props together - even using the TRX if we only have 6 booked in! All finished with a little bit of Zen at the end! RZ Barre Essentials - smaller class numbers - great class to start your RZ Barre experience...we take you through the essential ingredients to get the most out of your RZ Barre class.
Mums & B's Barre & Pilates 60 mins sometimes a little more	Class is designed for Mums and their buds. A great way to get your pre baby body back. Have fun, while also promoting the bond with your new little one. Suitable for Mums that have been given the "all clear" from the specialist and Bub is no more than 9kg. Little Bub enjoys working out with you in a baby Bjorn or Ergo.
RZ ReZist / Fusion	All of what you love about RZ Barre fused with the Peak Pilates Resistance Stick. From the very first beat, you will feel the resistance of the Pilates Stick challenging your balance, core and stability/ A great add in to your weekly workout! Take this class after you've done a few of our Barre classes!
RZ F.I.T 45 Mins & 60 mins	Fun Interval Training! High Intensity, short duration circuits that challenge the major muscle groups of the body including a cardio interval for a complete workout! We add on our own special bit of Zen at the end...
RZ Run & TRX Circuit 60 mins	Start your morning fresh with a 30 minute interval based run/walk outdoors and then bounce back into the studio for H.I.I.T circuits of toning and sculpting for the full body! Phew! Sounds fun!
TRX- Strength, CIRCUIT & Move 45 mins	Using the TRX Suspension trainer which uses gravity and body weight. Build Strength, endurance and cardio in this 45 minute class. Maximum 6 in class. Strength class is interval based (sneakers required) Move class - combines strength & barre (socks)

Zen Yoga & Pilates

Zen Yoga 60 or 75 mins	A holistic approach to yoga integrating not just the physical postures & asana but also philosophy, meditation, pranayama breath control and the yogic personal and social code of ethics...a mindful class that leave you calm, centred and nourished.
Zen Yin 75 mins	Yin Yoga is slow paced style of yoga with postures or asana held for longer periods of time. Targeting the connective tissue of the body and stilling of the "monkey mind". This style yoga is perfect if you are tired, overstimulated and simply craving for stillness. Finishing each class with meditation or mindfulness to balance the practise.
Zen Pilates Mat 60 mins	Pilates Mat Class - incorporating all of the Pilates principles of postural alignment, breath control, core stability, controlled movement and flexibility. Low Impact combined with small props - a great class to focus on the smaller muscles that make all the difference!
Zen Restorative Yoga 75mins	Restorative Yoga - a practise of release & true surrender.Using props to support the body in long held postures - a great class to finish your week - brought to you by Instill Yoga.

Workshops

Roaming Zen Workshops Every 4 -6 weeks for 2hr	Be part of our regular workshops ... from creating Daily Rituals with the team from My Tribe Type, Mandala Art with Cathy Grey Inkworks, Pilates Workshops to Mindfulness and special Guest Instructors in Yoga, Pilates and Dance...Roaming Zen brings you a little bit "Zen" in its many different guises to take into your everyday...
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Roaming Zen Wine & Yoga Events

6 to 7 times per year	" Breathe outside the studio" Join Jen at some of SA's special wineries and enjoy a morning or afternoon of Yoga and Mindful Wine and Food Experience.
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Roaming Zen Wellness Retreats

Seasonal	Create space and stillness, lightness and zest. Our Wellness Retreats abroad in Sumatra, Indonesia provide you with the chance to step away and offer yourself time to reset. Daily Yoga practise, Pilates and relaxation, all meals & snacks, workshops and accommodation included.
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Online bookings essential



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roamingzen.com.au