























GROUP FITNESS TIMETABLE -

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am		 Terry					
9.30am	 Kyleigh	 Marcela	 Jasmin	 Joanne	 Carol	 Louise	
10.30am						 Maryanne	 Mechelle
5.30pm	T.H.T EXPRESS Terry		 Terry				
6.00pm	 Tanya	 Jasmin	 Sanja	 Astrid	 Maryanne		
7.00pm	 Joanne	 Jess	 Jess	 Terry			
8.00pm	 Patricia	 Stephanie	YOGA Kirsty	 Chiquita			

Spin CYCLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.30pm					
6.00pm	 Terry		 Terry		














CONTACT DETAILS

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Please note timetable may change at any time.
 Effective from Monday 18th September 2017.

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 HIIT	<p>A non-stop, powerhouse workout that is guaranteed to burn those calories and get your heart pumping. H I I T (High Intensity Interval Training) includes cardio intervals using the step, skipping rope, floor drills and body weight exercises.</p>
 LES MILLS BODY PUMP	<p>This workout has been verified by the University of Auckland to provide the fastest body fat loss of any fitness class. It is also the fastest way to tone and condition muscles, using weights which challenge all the major muscle groups. Gripping choreography, pumping music and fantastic instructors will inspire you to achieve great results.</p>
 LES MILLS BODY ATTACK	<p>A high energy cardio class, designed to take your training to the next level, increasing both your strength and endurance.</p>
 BODY MIND	<p>Body Mind is a workout that builds both flexibility and strength. Incorporating Yoga, Tai Chi and Pilates, leaving you feeling centred and calm.</p>
 SPIN	<p>Our beautifully designed luminous studio will invigorate you to climb those hills, cruise along the open roads and sprint to the finish line. A calorie killer and fantastic cardio workout. Control the resistance on your bike to suit your fitness level.</p>
 BOXING	<p>One of the most effective classes to lose weight, build strength and tone muscles for people of all fitness levels. Basic boxing drills with emphasis on cardiovascular fitness training and also targets the abs during a workout!</p>
 ZUMBA	<p>Zumba is a Latin-inspired, dance-fitness class designed for cardio and muscle toning and is an exciting fun way to sculpt and tone the body.</p>
 ZUMBA TONING	<p>When it comes to body sculpting, Zumba Toning raises the bar. Using toning sticks to enhance rhythm and tone target zones including arms, abs and thighs.</p>
 AB BLITZ	<p>A 30 minute abdominal and core stability class to strengthen tone and flatten your stomach.</p>
 T.H.T	<p>A low impact, fat burning aerobic workout followed by toning and resistance work to target the tummy, hips and thighs.</p>
 ZUMBA[®] gold	<p>The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.</p>