



	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
7.20 VARIES		TOTAL BODY Matt, 45min AEROBIC STUDIO	SPIN Matt, 45min SPIN STUDIO	PUMP Matt, 45min AEROBIC STUDIO	 <i>Good Friday</i>	8.30am Aerobic Studio	<i>No Classes</i> <i>Hours: 7am- 1pm</i>
12.05 AEROBIC STUDIO	PUMP Matt, 45min	YOGA Emmy, 55min	POWER PILATES Kaya, 45min	HIIT & Stretch Alan, 45min		PUMP Kristy, 55min	
1.05 AEROBIC STUDIO	YOGA Emmy, 55min	PUMP Kristy, 55min	HIIT Kaya, 45min	PILATES Ingrid, 45min		9.30am Aerobic Studio	
5.05 OR 5.20 VARIES	ZUMBA Shawn, 55min 5.20 Sport Hall		ZUMBA Alondra, 55min 5.20 Sports Hall	BARRE FIT Lisa, 55min 5.05 Dance Studio		ZUMBA Alondra, 55min	
5.20 AEROBIC STUDIO	PUMP Alain, 55min	RETRO DANCE FIT Lisa, 45min	TOTAL BODY Samantha, 45min	PUMP Alain, 55min			
5.30 SPIN STUDIO	SPIN Caitlin, 45min	SPIN Mike, 45min	SPIN Mike, 45min				
6.30 AEROBIC STUDIO	YOGA Michaela, 55min	TOTAL BODY Sonia, 45min	KICKBOX KP, 45min	POWER YOGA Frank, 55min			

	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
7.20 VARIES			SPIN Matt, 45min SPIN STUDIO		SPIN Matt, 45min SPIN STUDIO	8.30am Aerobic Studio	
12.05 AEROBIC STUDIO			POWER PILATES Kaya, 45min		PUMP Ella, 55min	PUMP Kristy, 55min	9.30am Aerobic Studio YOGA-LATES Gaby, 55min
1.05 AEROBIC STUDIO			HIIT Kaya, 45min		CORE Ella, 30min	ZUMBA Alondra, 55min	
5.20 SPORTS HALL	<i>Easter Monday</i>	<i>University Holiday</i>	ZUMBA Alondra, 55min	<i>Anzac Day</i>	DANCE FIT Sonia, 55min		
5.20 AEROBIC STUDIO			TOTAL BODY Kaya, 45min		X-FIT Tom, 45min		
5.30 SPIN STUDIO			SPIN Mike, 45min				
6.30 AEROBIC STUDIO			KICKBOX KP, 45min				
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