

# GROUP FITNESS

Group Fitness Timetable Sep 16 - Oct 27

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Dance Studio Aerobic Studio	6.30am	<b>Virtual HIIT</b> 30min AEROBIC STUDIO	<b>YOGA</b> Michaela, 45min	<b>Virtual Core</b> 30min AEROBIC STUDIO	<b>POWER PILATES</b> Kaya, 45min	<b>Virtual Yoga</b> 55min AEROBIC STUDIO	Aerobic Studio	8.30	<b>PUMP</b> Kristy, 55min	<b>Virtual Total Body</b> 30min
Aerobic Studio Spin Studio	7.20am	<b>Virtual Yoga</b> 55min AEROBIC STUDIO	<b>TOTAL BODY</b> Matt, 45min	<b>SPIN</b> Matt, 45min	<b>PUMP</b> Matt, 45min	<b>SPIN</b> Matt, 45min	Aerobic Studio	9:30	<b>ZUMBA</b> Alondra, 55min	<b>YOGA-LATES</b> Gaby, 55min
Dance Studio Aerobic Studio	9.05am	<b>Virtual Total Body</b> 30min AEROBIC STUDIO	<b>STRETCH &amp; ROLL</b> Lisa, 35min	<b>CORE</b> Kelly, 30min	<b>POWER YOGA</b> Emmy, 45min	<b>Virtual KickBox</b> 40min AEROBIC STUDIO	Aerobic Studio	10.30	<b>Virtual Yoga</b> 55min	<b>Virtual Stretch</b> 30min
Aerobic Studio	12:05	<b>PUMP</b> Matt, 45min	<b>YOGA</b> Emmy, 50min	<b>POWER PILATES</b> Kaya, 45min	<b>HIIT</b> Mak, 45min	<b>PUMP</b> Ella, 55min	<b>THE UNIVERSITY OF AUCKLAND</b> Te Whare Wānanga o Tāmaki Makaurau NEW ZEALAND <b>SPORT AND RECREATION</b>  Classes FREE with standard membership, No bookings needed, just turn up, introduce yourself to our class instructor and have fun!			
Dance Or Spin Studio	12.15		<b>BARRE FIT</b> Lisa, 45min		<b>SPIN</b> Tanya, 30min					
Aerobic Studio	1.05	<b>YOGA</b> Marcel, 50min	<b>PUMP</b> Kristy, 45min	<b>HIIT</b> Kaya, 45min	<b>PILATES</b> Ingrid, 45min	<b>YOGA</b> James, 50min				
Dance Studio Aerobic Studio	3.15	<b>BARRE FIT</b> Lisa, 45min	<b>Virtual HIIT</b> 30min AEROBIC STUDIO	<b>YOGA</b> Dana, 45min	<b>Virtual Core</b> 30min AEROBIC STUDIO	<b>TOTAL BODY</b> Sonia, 45min	<b>Key: Intensity Level</b>  Low      Medium      High      All-Inclusive			
Aerobic Studio	4.15	<b>X-FIT</b> Samantha, 45min	<b>YOGA-LATES</b> Samantha, 45min	<b>TOTAL BODY</b> Kaya, 45min	<b>STRETCH &amp; ROLL</b> Lisa, 35min	<b>YOGA</b> Samantha, 45min				
Varies	varies	<b>ZUMBA</b> Shawn, 55min 5.20 SPORTS HALL		<b>ZUMBA</b> Alondra, 55min 5.20 SPORTS HALL	<b>BARRE FIT</b> Lisa, 45min 5.05 DANCE STUDIO	<b>DANCE FIT</b> Sonia, 55min 5.20 SPORTS HALL				
Aerobic Studio	5.20	<b>PUMP</b> Belinda, 55min	<b>RETRO DANCE FIT</b> Lisa, 45min	<b>HIIT</b> Mak, 45min	<b>PUMP</b> Lisa, 55min	<b>X-FIT</b> Tom, 45min	 <b>FITNESS ON DEMAND</b>  Fitness On Demand, virtual fitness classes, over 100 classes to choose from. Available for personal use outside of scheduled classes, see reception for first time use.			
Spin Studio	5:30	<b>SPIN</b> Caitlin, 45min	<b>SPIN</b> Mike, 45min	<b>SPIN</b> Kelsey, 45min						
Aerobic Studio	6:30pm	<b>YOGA</b> Michaela, 55min	<b>TOTAL BODY</b> Sonia, 45min	<b>KICKBOX</b> KP, 45min	<b>POWER YOGA</b> Frank, 55min	<b>Virtual Core</b> 30min				

= VIRTUAL CLASSES