GROUP FITNESS
Semester Two: 10 September - 21 October

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Aerobic and Dance Studio	6.30am		POWER PILATES — Kaya, 45min — DANCE STUDIO		TOTAL BODY — Sonia, 45min — AAEROBIC STUDIO		Aerobic Studio	8.30	PUMP — Kristy, 55min	
Aerobic Studio, Spin Studio, Dance	7.20am		X-FIT — Kaya, 45min — DANCE STUDIO	SPIN — Matt, 45min — SPIN STUDIO	PUMP — Matt, 45min — AEROBIC STUDIO	SPIN — Matt, 45min — SPIN STUDIO	Aerobic Studio	9:30	ZUMBA — Alondra, 55min	YOGA-LATES — Gaby, 55min
Dance Studio + Aerobic Studio	9.05		STRETCH & ROLL — Lisa, 35min — DANCE STUDIO	GYM-TRO 9am – 45min / CORE — Kelly, 30min	POWER YOGA — Samantha, 45min					
Aerobic Studio	12:05	PUMP — Matt, 45min	YOGA-LATES — Samantha, 45min	YOGA — Chrissie, 55min	HIIT & Stretch — Alan, 45min	PUMP — Ella, 55min				
Dance Or Spin Studio	varies		BARRE FIT — Lisa, 45min — 12.15 DANCE STUDIO	DANCE FIT & CORE — Alondra, 45min — 12.15 DANCE STUDIO	SPIN — Tanya, 30min — 12.05 SPIN STUDIO					
Aerobic Studio	1.05	YOGA — Samantha, 55min	PUMP — Kristy, 45min	HIIT — Kaya, 45min	PILATES — Ingrid, 45min	STEP — Ella, 45min				
Dance Studio Aerobic Studio	3.15	BARRE FIT — Lisa, 45min — DANCE STUDIO		POWER PILATES — Kaya, 45min — DANCE STUDIO		TOTAL BODY — Kaya, 45min — AEROBIC STUDIO				
Aerobic Studio	4.15	X-FIT — Samantha, 45min	POWER YOGA — Samantha, 45min	PUMP — Kelly, 45min	STRETCH & ROLL — Lisa, 35min — DANCE STUDIO	YOGA — Samantha, 45min				
Sports Hall/ Dance Studio	varies	GYM-TRO 5pm – 45min / ZUMBA — Kate, 55min — 5.20 SPORTS HALL	RETRO DANCE FIT — Lisa, 45min — 5.05 DANCE STUDIO	ZUMBA — Alondra, 55min — 5.20 SPORTS HALL	BARRE FIT — Lisa, 55min — 5.15 DANCE STUDIO	DANCE FIT — Sonia, 55min — 5.20 SPORTS HALL				
Aerobic Studio	5.20	PUMP — Alain, 55min	KICKBOX — Sian, 45min	TOTAL BODY — Sonia, 50min	PUMP — Alain, 55min	X-FIT — Tom, 45min				
Spin Studio	5:30	SPIN FIT — VARIOUS, 45min	SPIN — Mike, 45min	SPIN — Albert, 45min						
Aerobic Studio	6:30pm	YOGA — Michaela, 55min	TOTAL BODY — Samantha, 50min	KICKBOX — KP, 45min	POWER YOGA — Frank, 55min					

THE UNIVERSITY OF AUCKLAND — Te Whare Wānanga o Tāmaki Makaurau — NEW ZEALAND

SPORT AND RECREATION

Key: Intensity Level

Low — Medium — High — All-Inclusive
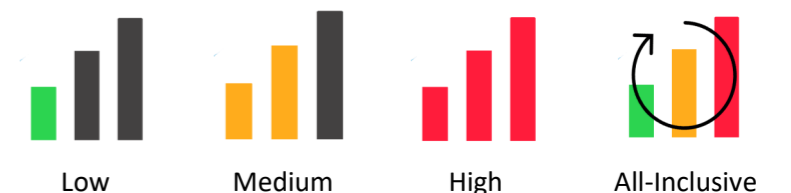
Classes FREE with standard membership, No bookings needed, just turn up, introduce yourself to our class instructor and have fun!

GYM-TRO 45min — Gym introduction session by booking only. See reception for more information.