

GROUP FITNESS

Summer Timetable - January 7 to March 3, 2019

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Aerobic Studio, Spin Studio, Dance	7.20am		TOTAL BODY Matt, 45min	SPIN Matt, 45min	PUMP Matt, 45min	SPIN Matt, 45min	Aerobic Studio	8:30	PUMP Kristy, 55min	
Aerobic Studio	12:05	PUMP Matt, 45min	YOGA Dana, 50min	POWER PILATES Kaya, 45min	HIIT & Stretch Alan, 45min	PUMP Ella, 55min	Aerobic Studio	9:30	ZUMBA Alondra, 55min	YOGA-LATES Gaby, 55min
Aerobic Studio	1.05	YOGA Samantha, 55min	PUMP Kristy, 45min	HIIT Kaya, 45min	PILATES Ingrid, 45min	CORE Ella, 30min	<p>Classes FREE with membership, No bookings needed, just turn up, introduce yourself to our class instructor and have fun!</p> <p>Key: Intensity Level</p> <p>Low Medium High All-Inclusive</p> <p>THE UNIVERSITY OF AUCKLAND Te Whare Wānanga o Tāmaki Makaurau NEW ZEALAND</p> <p>SPORT AND RECREATION</p>			
Dance Studio	5.05	RETRO DANCE FIT Lisa, 45min		ZUMBA Alondra, 55min	BARRE FIT Lisa, 55min	DANCE FIT Sonia, 55min				
Aerobic Studio	5.20	PUMP Alain, 55min	KICKBOX Cristian, 45min	TOTAL BODY Kaya, 45min	PUMP Alain, 55min	X-FIT Tom, 45min				
Spin Studio	5:30	SPIN FIT Maggie, 35min	SPIN Mike, 45min							
Aerobic Studio	6:30pm	YOGA Michaela, 55min	TOTAL BODY Samantha, 50min	KICKBOX Cristian, 45min	POWER YOGA Frank, 55min					