

AUTUMN 2023

GROUP EXERCISE TIMETABLE

Class key

- ▲ Cycle
- ▲ Mind/body
- ▲ Strength
- ▲ Fitness
- ▲ Aqua
- ▲ Dance
- ▲ Senior

Please visit ymcanorth.org.nz for class descriptions

THE Y ONEHUNGA WAR MEMORIAL POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30 SPIN Sharlene Spin Room	5.30 HIIT 60 Leith Group Ex Room	5.30 SPIN Ellie Spin Room	6.00 BOX FIT Julia Gym Floor	5.30 SPIN Leith Spin Room		
		6.30 ZUU Junior Gym Floor	5.30 HIIT 30 Rachel Gym Floor		5.30 HIIT 30 Junior Gym Floor		
			6.00 MUSCLE MAX Karen Group Ex Room		6.00 XTREME HIP HOP STEP Junior Group Ex Room	7.30 SPIN Ellie Spin Room	
			9.00 PILATES Annie Group Ex Room	9.30 YOGA Dianne Group Ex Room	8.30 PILATES Ingrid Group Ex Room		
PM	9.00 GOLD FIT Ellie Gym Floor	10.00 AQUA FIT Sharon Indoor Pool	10.00 AQUA FIT Julia Indoor Pool	9.30 LADIES HIIT 45 Julia Gym Floor Pram friendly	9.00 GOLD FIT Junior Gym Floor	9.30 HIIT 45 Nico Gym Floor	
		11.00 LADIES HIIT 45 Trainer Gym Floor	10.15 PILATES Annie Group Ex Room		9.45 PILATES Ingrid Group Ex Room		
		12.15 XTREME HIP HOP STEP Junior Group Ex Room			10.00 AQUA FIT Sharon Indoor Pool		
	5.00 SPIN Julia Spin Room	5.00 SPIN Sharon/ Spin Room	5.30 HIIT 45 Nico Gym Floor	5.30 HIIT 45 Sheyda Gym Floor	5.30 HIIT 45 Sheyda Gym Floor		4.00 YOGA Suszi Group Ex Room
	5.30 HIIT 45 Wahabi Gym Floor	6.00 HIIT 45 Wahabi Gym Floor		6.15 YOGA Sarah Group Ex Room			
	6.00 ZUMBA Sonia Group Ex Room	6.00 PILATES Cathy Group Ex Room					

THE Y SIR WILLIAM JORDAN RECREATION CENTRE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6.00 SPUMP Karen Group Ex Room		6.00 SPIN Karen Group Ex Room		8.30 SPIN Rocky Group Ex Room	
	10.00 ACTIVATE Tania Stadium	10.00 GOLD CIRCUIT Rachel Group Ex Room	10.00 ACTIVATE Tania Stadium	10.00 GOLD DANCE Tania Stadium	10.30 TAI CHI Orlando Stadium		
PM		11.00 PILATES Ingrid Stadium					
		4.00 YOUTH FIT Alex Weights Room		5.00 PILATES Ingrid Group Ex Room			
	5.30 STEP POWER Ella Group Ex Room	5.30 SPIN Rocky Group Ex Room	6.00 BOOTY BURN Cathy Group Ex Room	6.00 MUSCLE MAX Cathy Group Ex Room			