

2025 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 & SIR WILLIAM JORDAN (SWJ)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30 SPIN Sharlene Spin Room	5.30 HIIT YIN YANG Leith Group Ex Room	5.30 SPIN Ellie Spin Room	5.30 SPIN FUSION Sharlene Spin Room	5.30 SPIN Leith Spin Room		9.00 SPIN Leith Spin Room
	6.30 HIIT 45 (Strength) Sjaan Gym Floor	6.00 BOXFIT Sjaan Gym Floor	6.00 MUSCLE MAX Karen Group Ex Room	6.00 BOX FIT Julia Gym Floor	5.30 HIIT 45 Sjaan Gym Floor	7.15 SPIN Ellie Spin Room	
	9.00 GOLD FIT Ellie Gym Floor	8.15 YOGA Dianne Group Ex Room	8.30 TOTAL CORE Paul Gym Floor		8.30 PILATES Ingrid Group Ex Room	8.10 SPIN Tina Spin Room	
	9.30 YOGA Ekta Group Ex Room		9.00 PILATES Annie Group Ex Room	9.00 LADIES HIIT 45 Julia Gym Floor (Pram friendly)	9.00 GOLD FIT Sjaan Gym Floor	9.00 HIIT 45 Nico Gym Floor	
	12.00 AQUA GREEN David Indoor Pool	9.30 LADIES HIIT 45 Sjaan Gym Floor	9.30 HIIT 45 Rachel Gym Floor	9.30 YOGA Dianne Group Ex Room	9.45 PILATES Ingrid Group Ex Room	9.30 MUSCLE MAX Sharon Group Ex Room	
	5.00 SPIN Julia Spin Room	10.00 AQUA FIT Julia Indoor Pool	10.00 AQUA FIT Rocky Indoor Pool	10.00 HIP MOBILITY *NEW Paul Gym Floor	10.00 AQUA FIT Sharon Indoor Pool		
	5.30 HIIT 45 Wahabi Gym Floor		10.15 PILATES Annie Group Ex Room				
PM	6.00 ZUMBA Sonia Group Ex Room	5.00 SPIN Sharon Spin Room		5.30 & 6.45 POWER 20 Nico Gym Floor	5.30 PILATES Cathy Gym Floor		4.00 YIN YOGA 90 Ekta Group Ex Room
	7.00 AQUA FIT David Indoor Pool	6.00 HIIT 45 Wahabi Gym Floor	5.30 SPUMP Sharon Spin & Group Ex Room	6.15 YOGA Sarah Group Ex Room			
	7.00 YOGA Ekta Group Ex Room	6.00 PILATES Cathy Group Ex Room		7.00 AQUA FIT Kim Indoor Pool			

THE Y SIR WILLIAM JORDAN RECREATION CENTRE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.15 HIIT 45 Jason Group Ex Room	6.00 SPUMP Karen Group Ex Room		6.00 SPIN Karen Group Ex Room	6.15 HIIT 45 Jason Group Ex Room	8.30 SPIN Rocky Group Ex Room	
		10.00 GOLD CIRCUIT Rachel Group Ex Room	9.00 CIRCUIT Sjaan Group Ex Room		9.00 ZUMBA GOLD Nupur Group Ex Room	9.30 STRONG START Sheyda Gym Floor	
	10.00 ACTIVATE Sharon Stadium	11.00 GOLD PILATES Ingrid Stadium	10.00 ACTIVATE Julia Stadium	10.00 GOLD STRENGTH Dayan Gym Floor	10.30 TAI CHI Orlando Stadium	10.30 IRON BUILT Dayan Group Ex Room	
PM		5.30 SPIN Rocky Group Ex Room	5.00 BOX FIT Jason Group Ex Room	5.30 PILATES Ingrid Group Ex Room			
	6.00 HIIT 45 Nico Group Ex Room	6.15 STRENGTH Nico Gym Floor	6.00 MUSCLE MAX Cathy Group Ex Room	6.15 STRENGTH Jason Gym Floor			