

FESTIVE CLOSEDOWN: 22-DEC to 18-JAN

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

▲ Cycle

▲ Aqua

▲ Mind/body

▲ Dance

▲ Strength

▲ Senior

▲ Fitness

THE Y LAGOON POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	NO CLASSES 22-DEC to 18-JAN						
PM							

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	NO CLASSES 22-DEC to 18-JAN						
PM							

RETURN TO FULL SCHEDULE 19 JAN

GROUP EXERCISE TIMETABLE

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Class key

- ▲ Cycle
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- ▲ Fitness
- ▲ Aqua
- ▲ Dance
- ▲ Senior

THE Y LAGOON POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00am Boxfit Richard / Group Ex Room	6.00am MetCon Richard / Group Ex Room	6.00am Boxfit Richard / Group Ex Room	6.00am MetCon Richard / Group Ex Room	6.00am Spin 45 Rocky / Group Ex Room	8.30am Spin 45 Frances / Group Ex Room	
	9.15am Muscle Max + Trainer / Group Ex Room		9.15am Muscle Max + Trainer / Group Ex Room		9.15am Muscle Max + Theo / Group Ex Room	8.30am Run Club Michael / Reception ENDING 2 MARCH	
	10.30am Goldfit Circuit TBC / Group Ex Room STARTING 2 FEBRUARY	10.30am Aquafit Mans / Indoor Pool	10.30am Goldfit Circuit TBC / Group Ex Room STARTING 4 FEBRUARY	10.30am Goldfit Trainer / Gym Floor STARTING 5 FEBRUARY	10.30am Aquafit Rocky / Indoor Pool		
PM	6.00pm Run Club Theo / Reception ENDING 2 MARCH	6.00pm HIIT 45 Theo / Group Ex Room	6.00pm Muscle Max + Julio / Group Ex Room	6.00pm HIIT 45 Theo / Group Ex Room	6.00pm HIIT 45 John / Group Ex Room		
	6.00pm Spin 45 Rocky / Group Ex Room	7.00pm Pilates Fiona / Group Ex Room					

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 6:45 Spin Sarah / Group Ex Room	6.00 - 6:45 HIIT Simon / Group Ex Room	6.00 - 7:00 Boxfit Simon/ Group Ex Room	6.00 - 6:45 HIIT Simon / Group Ex Room	9.00 - 9:45 Muscle Max Frances / Group Ex Room		
	9:15 - 10:15 Yoga Ilenia / Group Ex Room STARTING 26 JANUARY	9.00 - 9:45 Muscle Max Karen / Group Ex Room	8:00 - 9:00 Yoga Ilenia / Group Ex Room STARTING 28 JANUARY	9:15 - 10:15 Zumba Sonia / Group Ex Room	10:15 - 11:15 Yoga Ilenia / Group Ex Room STARTING 30 JANUARY	8.00 - 8:45 HIIT Caty / Group Ex Room	8.00 - 8:45 Muscle Max Caty / Group Ex Room
	10.30 - 11:30 Goldfit Annie / Group Ex Room	10:00 - 11:00 ZumbaGold Sonia / Group Ex Room	9.30 - 10:30 Activate Ingrid / Group Ex Room	10.30 - 11:30 Goldfit Annie / Group Ex Room	12:00 - 1:00 Tai Chi Ruby / Group Ex Room	9:30 - 10:30 Pilates Noa / Group Ex Room	9.00 - 9:45 Pilates Caty / Group Ex Room
PM	12:00 - 1:00 Tai Chi Ruby / Group Ex Room		10:45 - 11:45 Pilates Ingrid/ Group Ex Room				
	6.00 - 6:45 HIIT Caty / Group Ex Room	6.00 - 6:45 HIIT Frances / Group Ex Room	6.00 - 6:45 Spin Sarah / Group Ex Room	6.00 - 6:45 Muscle Max Frances / Group Ex Room			
	7.00 - 8:00 Zumba Olga / Group Ex Room	7:00 - 8:00 Yoga Su / Group Ex Room STARTING 27 JANUARY		7.00 - 8:00 Pilates Ingrid / Group Ex Room			