

LAGOON X ELLERSLIE 2025

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	6.00am BoxFit Richard / Group Ex Room	6am Metcon UPPER Richard / Gym Floor	6.00am BoxFit Richard / Group Ex Room	6am Metcon LOWER Richard / Gym Floor	6.00am Spin 45 Rocky / Group Ex Room	8.30am Spin 45 Frances / Group Ex Room	
	10.30am Physio Rehab Stephen / Group Ex Room	10.30am Aquafit Mans / Indoor Pool	10.30am Physio Rehab Stephen / Group Ex Room		10.30am Aquafit Rocky / Indoor Pool	8.30am Metcon FULL Michael / Gym Floor	
PM	6pm Metcon UPPER Theo / Gym Floor	6.00pm HIIT 45 Theo / Group Ex Room	6pm Metcon LOWER Michael / Gym Floor	6.00pm HIIT 45 Theo / Group Ex Room	6pm Metcon FULL John / Gym Floor		
	6.00pm Spin 45 Rocky / Group Ex Room	7.00pm Pilates Olga / 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	9.00 - 9:45 Muscle Max Karen / Group Ex Room	8:00 - 9:00 Yoga Ilenia Group Ex Room	9:15 - 10:15 Zumba Sonia / Group Ex Room	10:15- 11:15 Yoga Ilenia/ Group Ex Room	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		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		12:00 - 1:00 Tai Chi Ruby / 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		7.00 - 8:00 Pilates Ingrid / Group Ex Room			