

2023

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

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

THE Y AUCKLAND CITY							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY MORNING	6.00am PILATES Caty / 60mins	6.00am SPIN Grant / 60mins		6.00am SPIN Rachel / 60mins	6.00am MUSCLE MAX Caty / 60mins		
	6.30am HIIT 30 Trainer / 30mins	6.30am HIIT 30 Trainer / 30mins	6.30am HIIT 30 Trainer / 30mins	6.30am CORE 30 Trainer / 30mins	6.30am HIIT 30 Trainer / 30mins		
	9.15am GOLDFIT Gilly / 60mins		9.15am ZUMBA GOLD Ricky / 45mins		9.15am GOLDFIT Gilly / 60mins		
LATE MORNING	9.30am PILATES Cecilia / 45mins	9.30am TAI CHI Orlando / 60mins	9.15am GOLDFIT Gilly / 60mins	9.30am TAI CHI Orlando / 60mins	9.30am PILATES Cecilia / 45mins	9.30am PILATES Caty / 60mins	
	10.30am GOLDFIT Gilly / 60mins		10.30am GOLDFIT Gilly / 60mins		10.30am GOLDFIT Gilly / 60mins		
AFTERNOON	12.15pm MUSCLE MAX Jai / 45mins	12.15pm SPIN Rachel / 45mins		12.15pm BOX FIT Mateo / 45mins	12.15pm MUSCLE MAX Shevaun / 45mins		
EVENING	5.30pm HIIT 30 Trainer / 30mins	5.30pm HIIT 30 Trainer / 30mins	5.30pm HIIT 30 Trainer / 30mins	5.30pm CORE 30 Trainer / 30mins	5.30pm HIIT 30 Trainer / 30mins		
	6.00pm YOGA Meg / 60mins		6.00pm YOGA Francesca / 60mins	6.00pm DANCE JAZZ Jai / 60mins			