



# GROUP EX

# Timetable

# YMCA North Shore

FROM JANUARY 31st, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	6:00am - 30 mins TOTAL CORE	6:00am - 30 mins TOTAL CORE	6:00am - 30 mins HIIT	6:00am - 30 mins TOTAL CORE	6:00am - 30 mins HIIT  8:30am - 55 mins GOLD-FIT with Steve	8:15am - 45 mins STRETCH with Irina	
Mid Morning	9:15am - 60 mins HATHA YOGA with Irina  10:30am - 60 mins GOLD-FIT with Janete	9:15am - 45 mins TOTAL CORE with Coco	9:15am - 60 mins MUSCLE MAX with Steve	9:15am - 60 mins PILATES with Aria  10:30am - 60 mins DANCE GOLD with Tracy	9:30am - 60 mins MUSCLE MAX with Steve	9:15am - 30 mins HIIT	9:30am - 60 mins YOGA with Irina
Lunchtime	1:00pm - 60 mins GOLD CIRCUIT with Brenda					1:00pm - 30 mins TOTAL CORE	
Afternoon	5:30pm - 30 mins TOTAL CORE	5:30pm - 30 mins TOTAL CORE	6:00pm - 30 mins HIIT	4:00pm - 45 mins YOUTH BURN  5:30pm - 30 mins TOTAL CORE	5:30pm - 30 mins HIIT	4:00pm - 30 mins HIIT	
Evening	6:00pm - 55 mins BOX FIT with Sharon  7:00pm - 60 mins PILATES with Aria	6:00pm - 55 mins XTREME HIPHOP with Joose  7:00pm - 60 mins HATHA YOGA with Irina	6:00pm - 55 mins BARRE FITNESS with Aria  7pm - 60 mins ZUMBA with Olga	6:30pm - 60 mins PILATES with Olga			

5 Akoranga Drive  
(09) 4807099

Classes in RED can be Gym based. Dependent on attendance.  
All other classes are in the GRX Studio or Spin Studio.

Centre opening times  
Mon-Fri: 5:30am to 9:00pm / Sat to Sun: 7:30am to 5:00pm