

Onehunga

14 Jan – 3 Feb

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	5:30 – SPIN (Sharlene – 45)	6:00 – SPIN (FOD – 60)	5:30 – SPIN (Ellie – 45)	5:30 – SPIN (Ellie – 45)	5:30 – SPIN (Sharlene – 45)	7:30 – SPIN (Ellie – 60)	
	5:30 – BURN 45 (Kristel – 45)	6:00 – BOX N BURN (Lance – 45)	5:30 – BURN 45 (Kristel – 45)	6:00 – BOX N BURN (Lance – 45)	5:30 – BURN 45 (Kristel – 45)	8:30 – SPIN (Rocky – 60)	
Mid Morning	9:30 – HATHA YOGA (Sally – 60)	9:30 – PRAMCAMP (Lance - 45)	9:30 – PILATES (Annie – 60)	9:30 – HATHA YOGA (Sally – 60)	9:30 – PILATES (Ingrid – 60)	9:30 – BURN 45 (Kristel – 45)	10:00 – BURN 45 (Kat – 45)
	10:00 – ACTIVATE (Tania – 60) GOLDFIT HOURS 10:00 – 12:00	9:30 – SPIN (Annie – 45) GOLDFIT HOURS 10:00 – 12:00	GOLDFIT HOURS 10:00 – 12:00	10:00 – ZUMBA GOLD (Tania – 45) GOLDFIT HOURS 10:00 – 12:00	10:30 – TAI CHI (Orlando – 60) GOLDFIT HOURS 10:00 – 12:00	9:30 – HATHA YOGA (Cheryl – 90)	
Lunch		10:30 – AQUA FIT (Nicola – 45)	10:30 – AQUAFIT (Ozen – 45)	11:00 – PRAM CAMP (Marcia - 45)	10:30 – AQUA FIT (Nicola – 45)		
Evening	6:00 – ZUMBA (Marisol – 60)	5:30 – ZUMBA (Grace – 60)	6:00 – BOX N BURN WOMEN ONLY (Caty – 60)	6:00 – BOX N BURN WOMEN ONLY (Caty – 60)			3:00 – YIN YOGA (Gemma – 90)
	5:15 – SPIN (Julia – 45)	5:15 – SPIN (Rocky – 45)	6:00 – SPIN (Leith – 60)	5:30 – SPIN (Rocky – 45)			
Late Evening	5:45 – BURN 45 (Kat – 45)	6:30 – BURN 45 (Lance – 45)	5:45 – BURN 45 (Lance – 45)	6:30 – BURN 45 (Jimbo – 45)	5:45 – BURN 45 (Jimbo – 45)		
	6:30 – BOX N BURN (Dave – 60)	6:30 – MUSCLESULPT (FOD – 60)	6:00 – STEP (FOD – 45)	6:00 – YOGA (Sarah – 60)			
	7:15 – PILATES (Caty – 60)	6:00 – YOGA (Nad'a – 60)	7:15 – PILATES (Caty – 45)				

KEY

Located at Onehunga War Memorial Pool

Located at Jordan Recreation Centre

Fitness On Demand, Virtual Fitness at Jordan Recreation Centre