



# Level 1 Timetable

## North Shore

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Early Morning	6:00am TABATA  6:30am STRENGTH	6:00am HIIT30  6:30am CORE POWER	6:30am BOXING	6:00am STRENGTH  6:30am HIIT30	6:00am FUNCTIONAL  6:30am TABATA	8:00am HIIT  8:30am STRETCH		
Mid Morning	9:30am YANG YOGA  10:30am GoldFit	9:30am MUSCLE SCULPT  10:30am YOGA	8:30am GoldFit	9:30am YOGA  10:30am DANCE GOLD	8:30am GoldFit  9:30am SPIN			
Lunchtime	1:00pm MOVEMENT THERAPY				1:00pm MOVEMENT THERAPY			
Evening	5:45pm BOXING  6:45pm TABATA	5:45pm HIIT  6:45pm YOGA	5:45pm HIIT45  6:30pm PILATES	5:45pm BOXING	5:30pm HIIT30			

5 Akoranga Drive  
(09) 4807099

Classes in RED are Gym Based  
All other classes are in the GX Studio / Spin Studio

Center opening times  
Mon-Fri: 5:30am to 10:00pm Sat-Sun: 7:30am to 6:00pm

### Spinning

Indoor cycling that improves cardiovascular health, helps in

### Strength

Working big muscle groups using free weights and machines in the

### Muscle Sculpt

Improve muscle tone, excellent for weight loss and increasing bone

### HIIT

Improve muscle tone, excellent for weight loss and increasing bone

### HIIT30

Working big muscle groups with simple un- choreographed, high intensity

### Zumba Gold

Same as Zumba but a lower impact classes great for beginners

### Functional

In this class we focus on all areas of fitness including, strength, cardio,

### Yang Yoga

Targets strength, flexibility, balance and releases tension. Emphasis

### Yin Yoga

Mindful and slow yoga that helps strengthens fascia, joints and ligaments.

### Goldfit

Focus on fitness and wellbeing. Low intensity class that helps with mobility,

### Movement Therapy

Seniors focused class that helps with mobility, balance and coordination. It

### Boxing

With partners, using gloves and pads. Improves cardiovascular

### TABATA

High intensity interval training that gets your heart rate up in that very hard

### Pilates

Improves flexibility, increased core strength and muscle tone.

### Core Power

Held on the gym floor. Helps in stability, better posture and

# Group Exercise

## Timetable



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