

**Spring
2020**

**GROUP
EXERCISE
TIMETABLE**



Onehunga

KEY

Located at Onehunga War Memorial Pool

Located at Jordan Recreation Centre

GOLD FIT – Senior Classes at Jordan Recreation Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	5:30 – SPIN (Sharlene – 45- Group Ex room) 5:30 – BURN 45 (Trainer- 45- Gym Floor) 6:00 – RUN CLUB (60- Meet at reception)	5:30 – BURN (YIN YANG) 60 (George- 60- Group Ex Room) 6:00 – BOX & BURN (Julia- 60- Gym Floor) 6:00 – SPIN FUSION (Karen – 60 - Jordan Rec)	5:15 – SPIN (Ellie – 45- Group Ex room) 5:30 – BURN 45 (Mohammed – 45 - Gym Floor) 6:00 – BODY BLAST (Karen – 60- Group Ex Room)	6:00 – BOX & BURN (Mohammed- 60- Gym Floor) 6:00 – SPIN FUSION (Karen – 60 - Jordan Rec)	5:30 – BURN 45 (Julia- 45- Gym Floor) 6:00 – BODY SCULPT (Karen – 60- Group Ex room)	7:30 – SPIN (Ellie – 60-Group Ex room) 8:30 – SPIN (Rocky – 60- Jordan Rec)	7:30 – AB BLAST (George – 30-Group Ex room)
	Mid Morning	9:30 – YOGA (Sally– 60-Group Ex room) 10:00– ACTIVATE (Tania- 60- Jordan Rec)	9.30 SPIN (Annie– 60- Group Ex room) 10:30– AQUA FIT (Janine– 60-Pool) 11:15– PRAM CAMP (Julia- 45- Group Ex room) 10:15– GOLD CIRCUIT (Julia- 60- Jordan Rec)	9:30 – PILATES (Annie– 60- Group Ex room) 10:30– AQUA FIT (Sharon– 60-Pool) 10:00– ACTIVATE (Tania- 60- Jordan Rec)	9:30 – YOGA (Dianne– 60- Group Ex room) 9:30– AQUA GREEN (Adam– 30-Pool) 11:15– PRAM CAMP (Julia- 45- Group Ex room) 10:00– GOLD DANCE (Tania- 60- Jordan Rec)	8:30 – PILATES (Ingrid– 60- Group Ex room) 9:45 – PILATES (Ingrid– 60- Group Ex room) 10:30– AQUA FIT (Julia– 60-Pool) 10:30– Tai Chi (Orlando- 60- Jordan Rec)	9:30 – BURN 45 (Mohammed – 45- Gym Floor)
OWMP Evening		5:15 – SPIN (Julia – 45- Group Ex room) 5:30 – BURN 45 (Kane – 45- Gym Floor) 7:15 – PILATES (Caty – 45-Group Ex room)	5:15 – SPIN (Rocky – 45- Group Ex room) 6:00 – BURN 45 (Kane – 45- Gym Floor) 6:15 – YOGA (Nada– 60- Group Ex Room)	5:30 – BURN 45 (George – 45 - Gym Floor)	5:15 – SPIN (Sharlene – 45- Group Ex room) 6:00 – BURN 45 (Josh – 45- Gym Floor) 6:15 – YOGA (Sarah– 60- Group Ex Room) 7:00– AQUA FIT (Janine– 60-Pool)	5:30 – BURN 45 (Kane – 45- Gym Floor)	
	Jordan Evening	5:30 – STEP POWER (Ella– 60 - Jordan Rec) 6:30 – BOX & BURN (Henry– 60 - Jordan Rec)	5:30 – ZUMBA (Ricky– 60 - Jordan Rec) 6:30 – BURN 45 (Waimarama – 45 - Jordan Rec)	6:00 – MUSCLE SCULPT (Caty – 60 - Jordan Rec) 7:15 – PILATES (Caty – 60 - Jordan Rec)	5:30 – BOX N BURN Caty – 60 - Jordan Rec 6:30 – STRETCH N FLEX (Kane – 30 - Jordan Rec)	6:30 – BURN (LBT) (MO – 45 – Jordan Rec)	