

Winter 2022

GROUP

EXERCISE

TIMETABLE



Onehunga

Jordan: calendly.com/ymcajordanrec

OWMP: calendly.com/ymcaonehunga

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	<p>5:30 – SPIN (Sharlene – 45- Group Ex room)</p> <p>5:30 – BURN 30 (Ezra- 30- Gym Floor)</p> <p>6:00 – BOX N BURN (Ezra- 45- Gym Floor)</p>	<p>5:30 – YINYANG BURN (Leith- 60- Group Ex Room)</p> <p>6:00 – SPIN (Karen – 60 - Jordan Rec)</p>	<p>5:20 – SPIN (Ellie – 45- Group Ex room)</p> <p>6:00 – BOX N BURN (Ezra – 60 - Gym Floor) New time change effective July</p> <p>6:00 – MUSCLE SCULPT (Karen – 45- Group Ex Room)</p>	<p>5:30 – BURN 45 (Wahabi- 45- Gym Floor)</p> <p>6:00 – SPIN (Karen – 60 - Jordan Rec)</p>	<p>5:20 – SPIN (Leith- 45- Spin Room)</p> <p>5:30 – BURN 45 (Julia- 45- Gym Floor)</p> <p>6:00 – BODY BLAST (Karen – 60- Group Ex room)</p>	<p>7:30 – SPIN (Ellie – 60-Group Ex room)</p> <p>8:30 – SPIN (Rocky – 60- Jordan Rec)</p>	
Mid Morning/ Early afternoon	<p>9:00 – GOLD FIT (Ellie– 60-Group Ex room)</p> <p>10:00– ACTIVATE (Tania- 60- Jordan Rec)</p>	<p>9.30 SPIN (Annie– 60- Group Ex room)</p> <p>10:30– AQUA FIT (Sharon– 60-Pool)</p> <p>11:15– LUNCH BURN (Naki- 45- Gym Floor)</p> <p>10:00– GOLD CIRCUIT (Ezra- 30- Jordan Rec)</p> <p>11:00 – PILATES (Caty– 60- Stadium)</p>	<p>9:00 – PILATES (Annie– 60- Group Ex room)</p> <p>10:15 – PILATES (Annie– 60- Group Ex room)</p> <p>10:30– AQUA FIT (Sharon– 60-Pool)</p> <p>10:00– ACTIVATE (Tania- 30- Jordan Rec)</p>	<p>9:30 – YOGA (Dianne– 60- Group Ex room)</p> <p>11:15– PRAM CAMP (Julia- 45- Gym Floor)</p> <p>10:00– GOLD DANCE (Tania- 60- Jordan Rec)</p> <p>4:30 – TABATA (Janine – 45 - OWMP)</p>	<p>8:30 – PILATES (Ingrid– 60- Group Ex room)</p> <p>9:45 – PILATES (Ingrid– 60- Group Ex room)</p> <p>9:00 – GOLD FIT (Julia– 60-Group Ex room)</p> <p>10:30– AQUA FIT (Julia– 60-Outdoor Pool)</p> <p>10:30– Tai Chi (Orlando- 60- Jordan Rec)</p>	<p>9:30 – BURN 45 (Wahabi – 45- Gym Floor)</p>	<p>9:00 – BURN (Naki- 60- Gym Floor)</p>
OWMP Evening	<p>5:30 – BURN 45 (Marcia – 45- Gym Floor)</p> <p>5.30- ZUMBA (Janine- 60- Group Ex room) COMING AUGUST</p> <p>7:00 – AQUA FIT (Janine – 60-Pool)</p> <p>7:15 – PILATES (Caty – 45-Group Ex room)</p>	<p>5:30 – BURN 45 (Wahabi – 45- Gym Floor)</p>	<p>5:30 – BURN 45 (Marcia – 45 - Gym Floor)</p>	<p>5:30 – BURN 45 (Rob – 45- Gym Floor)</p> <p>6:15 – YOGA (Sarah– 60- Group Ex Room)</p> <p>7:00 – AQUA FIT (Janine – 60-Pool)</p>	<p>5:30 – BOX N BURN (Rob – 45- Gym Floor)</p>		<p>4:00 – YOGA (Suszi– 90- Group Ex Room)</p>
Jordan Evening	<p>5:00 – SPIN (Julia – 45- Group Ex room)</p> <p>5:45 – STEP POWER (Ella– 60 - Jordan Rec)</p>	<p>5:00 – SPIN (Rocky– 45 - Jordan Rec)</p>	<p>6:00 – BOOTY BURN (Caty – 45 - Jordan Rec)</p> <p>7:15 – PILATES (Caty – 45 - Jordan Rec)</p>	<p>5:00 – SPIN (Sharlene – 45 - Jordan Rec)</p> <p>6:00 – MUSCLE SCULPT (Caty – 45 - Jordan Rec) Returning back 11th Aug</p>	<p>4:00 – Youth Boxing (Ezra – 45 - Jordan Rec)</p> <p>6:00 – BOX N BURN (Ezra – 45 – Jordan Rec)</p>		