



Group Fitness Timetable

YMCA Hamilton

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Spinning (45mins) Rei	TRX Max (60mins) Rei	Core Power (60min) Rei	PowerPlay (60mins) Rei	Spinning (45mins) Rei		
9:00	Powerplay (60mins) Rei	Jump (60min) Nan	Reflex (60mins) Rei		Zumba Gold (60mins) Paola	Zumba Gold (60mins) Paola	Zen Body (60mins) Mel
10:30		Gold-Fit Circuit Gym (60mins) Rei		Gold-Fit Circuit Class (60mins) Rei			
16.00			Youth Burn (60mins) FREE for Youth Age 14-18yrs		Youth Burn (60mins) FREE for Youth Age 14-18yrs		
17:30		Stomp (60mins) Nan					

Centre opening times:

Mon-Thu: 5:30m to 9:00pm / Fri: 5:30 to 8:00pm / Sat to Sun: 8:00am to 4:00pm