

WINTER 2021

GROUP

EXERCISE

TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ELLERSLIE							
AM	6:00AM – SPIN <i>(Greg – 45 – Group Ex)</i> 9:00AM – YOGA <i>(Renee – 60 – Group Ex)</i> 10:30AM – GOLDFIT <i>(Annie – 60 – Group Ex)</i>	6:00AM – BURN 45 <i>(Bronson – 45 – Group Ex)</i> 9:00AM – MUSCLE SCULPT <i>(Karen – 60 – Group Ex)</i> 10:00AM – ZUMBA GOLD <i>(Sonia – 60 – Group Ex)</i>	5:45AM – SPIN <i>(Frederik – 60 – Group Ex)</i> 9:30AM – ACTIVATE <i>(Ingrid – 60 – Group Ex)</i> 10:45 – REHAB PILATES <i>(Ingrid – 60 – Group Ex)</i>	6:00AM – BURN 45 <i>(Anthony – 45 – Group Ex)</i> 9:30AM – ZUMBA <i>(Sonia – 60 – Group Ex)</i> 10:30AM – GOLDFIT <i>(Annie – 60 – Group Ex)</i>	6:00AM – BURN 45 <i>(Anthony – 45 – Group Ex)</i> 9:00AM – MUSCLE SCULPT <i>(Emma – 60 – Group Ex)</i>	8:00AM – BURN 45 <i>(Caty – 45 – Group Ex)</i> 9:30AM – YOGA <i>(Olga – 60 – Group Ex)</i>	8:15AM – BURN 45 <i>(Frederik – 45 – Group Ex)</i> 9:00AM – PILATES <i>(Caty – 60 – Group Ex)</i> 11:00AM – YOGA <i>(Renee – 60 – Group Ex)</i>
PM	12:00PM – TAI CHI <i>(Ruby – 60 – Group Ex)</i> 6:00PM – BURN 45 <i>(Caty – 45 – Group Ex)</i> 7:00PM – ZUMBA <i>(Olga – 60 – Group Ex)</i>	6:00PM – BURN 45 <i>(Emily – 45 – Group Ex)</i> 7:00PM – YOGA <i>(Mans – 60 – Group Ex)</i>	6:00PM – SPIN <i>(Sarah – 45 – Group Ex)</i> 6:15PM – BURN 45 <i>(Frederik – 45 – Stadium)</i> 7:00PM – STEP <i>(Olga – 45 – Group Ex)</i>	6:00PM – MUSCLE SCULPT <i>(Jacqui – 50 – Group Ex)</i> 7:00PM – PILATES <i>(Ingrid – 50 – Group Ex)</i>	12:00PM – TAI CHI <i>(Ruby – 60 – Group Ex)</i> 6:00PM – BURN 45 <i>(Anthony – 45 – Group Ex)</i>		
LAGOON POOL							
AM	5:45AM – AB BLAST <i>(Bronson – 15 – FTZ)</i> 6:00AM – BURN 30 <i>(Bronson – 30 – FTZ)</i> 9:30AM – BEGINNER STRENGTH <i>(Bronson – 30 – Gym Floor)</i>	6:00AM – BOX n BURN <i>(Richard – 50 – FTZ)</i> 9:30AM – BURN 30 <i>(Richard – 30 – FTZ)</i> 10:00AM – AQUA ENERGY <i>(Ben – 60 – Pool)</i> 10:00AM – YOGA <i>(Kirsty – 60 – Dance Studio, Stadium)</i>	5:45AM – BOOTCAMP <i>(Richard – 60 – Gym Floor)</i> 6:00AM – SPIN <i>(Sarah – 45 – Spin Studio)</i> 7:00AM – STRENGTH <i>(Richard – 30 – Gym Floor)</i> 9:00AM – YOGA <i>(Renee – 60 – Dance Studio, Stadium)</i> 9:30AM – BURN 30 <i>(Richard – 30 – FTZ)</i>	6:00AM – BOX n BURN <i>(Richard – 60 – FTZ)</i> 9:30AM – BURN 30 <i>(Richard – 30 – FTZ)</i>	5:45AM – BOOTCAMP <i>(Richard – 60 – Gym Floor)</i> 6:00AM – SPIN <i>(Greg – 45 – Spin Studio)</i> 6:00AM – STRENGTH <i>(Bronson – 30 – Gym Floor)</i> 9:00AM – YOGA <i>(Renee – 60 – Dance Studio, Stadium)</i> 10:00AM – AQUA ENERGY <i>(Ben – 60 – Pool)</i>	8:30AM – SPIN <i>(Frances – 60 – Spin Studio)</i> 9:30AM – BURN 30 <i>(Bronson – 30 – FTZ)</i>	9:00AM – BEGINNER STRENGTH <i>(Obed – 30 – Gym Floor)</i> 9:30AM – BURN 30 <i>(Obed – 30 – FTZ)</i>
PM	6:00PM – BURN 30 <i>(Bronson – 30 – FTZ)</i> 6:30PM – BURN 30 <i>(Bronson – 30 – FTZ)</i> 6:00PM – YOGA <i>(Renee – 60 – Dance Studio, Stadium)</i>	5:30PM – BURN 30 <i>(Greg – 30 – FTZ)</i> 6:00PM – BURN 30 <i>(Greg – 30 – FTZ)</i> 6:00PM – SPIN <i>(Sarah – 45 – Spin Studio)</i> 6:30PM – PILATES <i>(Olga – 60 – Dance Studio, Stadium)</i>	6:00PM – BURN 30 <i>(Greg – 30 – FTZ)</i> 6:30PM – BURN 30 <i>(Greg – 30 – FTZ)</i>	5:30PM – BURN 30 <i>(Obed – 30 – FTZ)</i> 6:00PM – BURN 30 <i>(Obed – 30 – FTZ)</i> 7:45PM – AQUA ZUMBA <i>(Linda – 60 – Indoor Pool)</i>	6:00PM – BOX n BURN <i>(Bronson – 45 – Boxing Alley)</i> 6:30PM – ZUMBA <i>(Olga – 60 – Dance Studio, Stadium)</i>	2:00PM – PARENTS & KIDS <i>(Anthony – 30 – FTZ)</i> 5:30PM – BURN 30 <i>(Anthony – 30 – FTZ)</i>	5:30PM – BURN 30 <i>(Greg – 30 – FTZ)</i>

TIME – CLASS

Instructor – Duration of class (mins) - Location

Visit our website for class descriptions at ymcauckland.org.nz

*BOOTCAMPS HAVE AN ADDITIONAL COST