



# June 2022 Timetable

YMCA Mt Albert  
www.ymcauckland.org.nz

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	6:00am SPINNING Nicola <b>Starts 13th June</b> 8:15am GOLDFIT	6:00am MUSCLE MAX Caty 8:15am HEALTHWISE Lesley	6:00am PILATES Caty 6:00am SPINNING Nicola	7:00am CORE POWER Caty 8:15am HEALTHWISE Lesley	6:30am #BURN 8:15am GOLDFIT 8:30am #BURN	8:15am MUSCLE MAX Karen	8:30am #BURN 6:0min Class Alex
Mid Morning	9:30am MUSCLE MAX Ella 10:45am + YOGA Meg	8:30am #BURN 9:30am PILATES Jenny 10:45am ACTIVE SENIORS Jenny	8:15am GOLDFIT 9:30am MUSCLE MAX Jenny 10:45am GOLDFIT	8:30am #BURN 9:30am PILATES Caty 10:45am SIT FIT Evelyn	9:30am PILATES Jenny 10:45am + YOGA Meg	9:30am #BURN 9:30am YOGALATES Irina	
Early PM	4:00pm #BURN		4:00pm #BURN				
Evening	5:30pm HIIT MUSCLE Rob 6:30pm MUSCLE MAX Karen	5:30pm EXPRESS FIT Karen 6:00pm #BURN	5:30pm MUSCLE MAX Karen 6:00pm #BURN	5:30pm + YOGA Irina 6:00pm #BURN			
Late Evening	6:30pm SPINNING Rob		6:30pm + YOGA Meg	6:00pm SPINNING Annie			

- Family Friendly Class
- Targeted Health
- Short Class in Gym (30 min)