

Monday		
9:00 - 10:00am	50's Forward Exercise	542 1678
9.30 - 11.00am	Yoga	021 02699159
12.00 - 4:00pm	Papamoa Mah Jong	542 1693
2:00 - 3:00pm	Tai Chi - The Academy	0800 348 454
2:00pm-5:30pm	YMCA OSCAR prog	578 9272
5.00 - 7.00pm	KEMPO - The Academy	542 4401
5:30 - 7:00pm	MBS Karate	027 256 6078
6.30 - 8.00pm	Yoga	021 2699159

Tuesday		
9:00 - 11:00am	The Academy	0800 34 8454
10.30 - 2.00pm	Papamoa Women's Institute	027 4533796
10.45 - 1.30pm 2 nd Tues monthly	Probus Meeting	027 2632425
2:00 - 5:30pm	YMCA OSCAR prog	578 9272
3.30 - 5.30pm	Rhythm Dance	578 8780
5.30 - 6.00pm	CIRCUIT/CORE BLAST	PAP RECEPTION
5:30 - 7:00pm	Bop Taekwondo	021 718 310
7:00pm - Till Late	Papamoa Indoor Bowls	574 6969

Wednesday		
9.00 - 10.00am	FITLIFE - Exercise Class	021 1369556
9.00 - 11.00am	PORSE	572 3920
9.30 - 11.00am	YOGA	021 02699159
10:30 - 2:00pm	Probus Meeting	542 0180
2:00 - 5.30pm	YMCA OSCAR prog	578 9272
6:00 - 7:00pm	Bop Taekwondo	021 718 310

Thursday		
10.00-11.00am	Zumba	578 8780
11.00-11.45am	Rhythm Dance	578 8780
12.00 - 4:00pm	Paradise Mah Jong	574 5645
12:30 - 4:30pm	500 Card Club	542 0834
1.00 - 2.00pm	Asthma & Respiratory	577 6738 Ex 202
2:00 - 5:30pm	YMCA OSCAR prog	578 9272
5:00 - 8:00pm	The Academy	0800 34 84 54
6.00 - 7:00pm	Zumba	578 8780

Friday		
8.30 - 9.30am	Pilates	542 1814
9:00 - 10:00am	50s Forward	5421678
11:30 - 3:30pm	Pap Senior Indoor Bowls	572 4268
2:00 - 5:30pm	YMCA OSCAR prog	578 9272
5:30 - 6:45pm	M.B.S Karate	027 256 6078

Saturday		
8:30-11:00am	The Academy	0800 34 84 54

Sunday		
11:30 - 5:00pm	Papamoa Country Music	542 3200

	Physical Activities/Classes
	Community Groups/Meetings
	After School Programme
	Children's Activities

Please note:
Listed are our regular user group bookings. The list does not include one-off bookings or events. We suggest you contact the numbers provided to confirm details.

Fitness Centre Hours

Mon - Thurs 6am - 8.00pm
 Fri 6am - 7.00pm
 Sat & Sun 8.30am - 12.30pm
 Closed public holidays

Fitness Centre Prices Weekly Direct Debit

	Adults	Yth/Pen
12mth	\$13.50	\$12.00
6mth	\$15.50	\$14.00
Open term	\$16.50	\$15.00

10-Visit Concession

Adults	\$90.00
Yth/Pen	\$72.00

Super Gold Card Holders - 12mth membership

Weekly \$5.10
 Gym Hours 9am-3pm Mon-Fri

Cash Memberships Are Available
On Request

