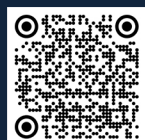


Ōtāhuhu Pool & Leisure Centre

GROUP FITNESS TIMETABLE



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:10AM	BOXFIT	FUNCTIONAL FORM	ELEVATE	MAX FIT	CARDIO KOMBAT		
7:15AM				SPIN GYM FLOOR		SPIN GYM FLOOR	
8:00AM						PIKINIMA STADIUM	
9:00AM	SURGE 30 GYM FLOOR	CORE 20 GYM FLOOR	REV 30 GYM FLOOR	CORE 20 GYM FLOOR	HIIT 30 GYM FLOOR	CORE POWER	CORE 30 GYM FLOOR
9:30AM	CORE POWER	MAX FIT	MOBILITY & FLOW		BOOTY BURN		AQUA ZUMBA
10:00AM						YOGA	
10:30AM	LEGENDS GYM	LEGENDS GYM	LEGENDS GYM	LEGENDS GYM	LEGENDS GYM		
10:30AM	LEGENDS ACTIVE	LEGENDS AQUA	LEGENDS CIRCUIT		LEGENDS STRONG		
5:00PM	HIIT 30 GYM FLOOR	CORE 30 GYM FLOOR	SURGE 30 GYM FLOOR	CORE 30 GYM FLOOR	HIIT 30 GYM FLOOR		
5:30PM		PIKINIMA STADIUM		PIKINIMA STADIUM			
5:30PM	PUMP HEAVY	CARDIO KOMBAT	SPIN GYM FLOOR	SURGE GYM FLOOR	FUNCTIONAL FORM		
6:30PM	ZUMBA	MAX FIT	YOGA	PUMP HEAVY	ZUMBA		
6:30PM	SPIN						



For more informations, please scan the QR code
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