
























www.FitnessMatakana.co.nz

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		Open				Closed	Closed
7am	Open	Open	Open	Open	Open	Closed	Closed
8am	Open	Open		Open			8.30am 
9.10am							9.30am 
10.20am		Open		Open			Closed
11.30am	Open	Open	Open	Open	Open	Closed	Closed
12.30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
6pm					Closed	Closed	Closed

Make an EFFORT, not an excuse