

















www.FitnessMatakana.co.nz

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		CIRCUIT ↑			CIRCUIT ↑	Closed	Closed
7am	Open	Open	Open	Open	Open	Closed	Closed
8am	Open	Open		Open	Open		Closed
9.10am							
10.20am		Pilates ↓	Pilates ↓	Open	Pilates ↓		Closed
11.30am	Senior Circuit	Open	Open	Open	Senior Circuit	Closed	Closed
12.30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
5.30pm	CIRCUIT ↑				Closed	Closed	Closed

Make an EFFORT, not an excuse