

## www.FitnessMatakana.co.nz

Training@FitnessMatakana.co.nz

Matakana Country Park,

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Classes & Gym



On-line Bookings

Advised

Christmas Timetable



## **New Years Timetable**

	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Open	Open	Open	Open	Closed	Closed	Closed
8am	RPM.	RPM.	RPM.	Open	RPM.	LESMILLS BODYCOMBAT.	Closed
9am	Lesmills BODYPUMP	BODYPUMP CORE	BODYPUMP.	Lesmills BODYPUMP	BODYPUMP CORE	BODYPUMP.	BODYPUMP CORE
10.15am	BODYBALANCE.	Noga	BODYBALANCE.		Pilates \$	BODYBALANCE.	Closed
12pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Make an EFFORT, not an excuse!