

www.FitnessMatakana.co.nz

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LES MILLS BODYPUMP	Open	LES MILLS RPM	Open	CIRCUIT	Closed	Closed
8am	Open	Open	LES MILLS RPM	Open	Open	LES MILLS BODYCOMBAT	Closed
9am	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS RPM	BODYPUMP™ + LES MILLS CORE	9.15am LES MILLS BODYPUMP	BODYPUMP™ + LES MILLS CORE
10.15am	LES MILLS BODYBALANCE	SWISSBALL PILATES	MAT PILATES	Open	MAT PILATES	10.30am LES MILLS BODYBALANCE	Closed
11.30am	SENIOR CIRCUIT	Open	Open	Open	SENIOR CIRCUIT	Closed	Closed
12.15pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
5.30pm	BOX-FIT	LES MILLS RPM	BODYPUMP™ + LES MILLS CORE	LES MILLS BODYCOMBAT	Closed	Closed	Closed

Make an EFFORT, not an excuse