



www.FitnessMatakana.co.nz

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Matakana Country Park,

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LES MILLS

*Classes
& Gym*



Christmas Timetable

	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Open	Open	Open	Open	Open	Closed	Closed
8am			LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYCOMBAT	Closed
9am	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	BODYPUMP + LES MILLS CORE	9.15AM LES MILLS BODYPUMP	Closed
10.15am					MAT PILATES	10.30AM LES MILLS BODYBALANCE	Closed
12pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed

New Years Timetable

	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Open	Open	Open	Open	Closed	Closed	Closed
8am			LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYCOMBAT	Closed
9am	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	BODYPUMP + LES MILLS CORE	9.15AM LES MILLS BODYPUMP	BODYPUMP + LES MILLS CORE
10.15am	LES MILLS BODYBALANCE				MAT PILATES	10.30AM LES MILLS BODYBALANCE	Closed
12pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Make an EFFORT, not an excuse!