



www.FitnessMatakana.co.nz

Training@FitnessMatakana.co.nz

Matakana Country Park,

1151 Leigh Rd, Matakana

Ph 021 211 2118

Ph 09 423 0289



LES MILLS
Classes & Gym

Christmas Timetable

	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LES MILLS BODYPUMP	CIRCUIT	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7am	Open	Open	CLOSED	CLOSED	Open	CLOSED	CLOSED
8am	Open	Open	CLOSED	CLOSED	LES MILLS RPM	LES MILLS BODYCOMBAT	Open
9am	LES MILLS RPM	LES MILLS BODYPUMP	CLOSED	CLOSED	LES MILLS BODYPUMP	9.15AM LES MILLS BODYPUMP	LES MILLS BODYPUMP
10.15am	LES MILLS BODYBALANCE	LES MILLS Shapes	CLOSED	CLOSED	LES MILLS Shapes	10.30AM LES MILLS Shapes	CLOSED
11.30am	SENIOR CIRCUIT	Open	CLOSED	CLOSED	Open	CLOSED	CLOSED
12.00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

New Years Timetable

	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Open	Open	CLOSED	Open	Open	CLOSED	CLOSED
8am	LES MILLS RPM	Open	CLOSED	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYCOMBAT	Open
9am	BODYPUMP + CORE	LES MILLS BODYPUMP	CLOSED	LES MILLS Shapes	BODYPUMP + CORE	9.15AM LES MILLS BODYPUMP	BODYPUMP + CORE
10.15am	LES MILLS BODYBALANCE	LES MILLS Shapes	CLOSED	Open	MAT PILATES	10.30AM LES MILLS Shapes	CLOSED
12pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Make an EFFORT, not an excuse!

6-12 January 2025 Timetable

	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LES MILLS BODYPUMP	Open	LES MILLS RPM	Open	CIRCUIT	Closed	Closed
7am	Open	Open	Open	Open	Open	Closed	Closed
8am	LES MILLS RPM	Open	LES MILLS RPM	Open	Open	LES MILLS BODYCOMBAT	Closed
9am	LES MILLS Shapes	LES MILLS BODYPUMP	LES MILLS Shapes	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 Shapes	Closed
11.30am	SENIOR CIRCUIT		SENIOR CIRCUIT		SENIOR CIRCUIT		
12.30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
5.30pm	Closed	Closed	BODYPUMP + LES MILLS CORE	Closed	Closed	Closed	Closed
6.30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Normal Timetable

	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 Shapes	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 Shapes	Closed
11.30am	SENIOR CIRCUIT	Open	SENIOR CIRCUIT	Open	SENIOR CIRCUIT	Closed	Closed
12.15pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
5.30pm	LES MILLS Shapes	LES MILLS RPM	BODYPUMP + LES MILLS CORE	Closed	Closed	Closed	Closed

Note our timetable is subject to changes.

Always refer to our daily bookings timetable

on our website for the most up to date timetable