

AUT CITYGYM

Summer Timetable

Group Exercise

From October 28th 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	Strength	Circuit	Strength		
12.00pm	BAT Erin	Strength	Pump Erin	Strength	Circuit
12.30pm	Gym 101*				
5.10pm	Circuit	Pump Manny	Circuit		

*Paid Class

AUT Sport & Fitness Centres