

AUT NORTHGYM

Summer timetable

Group Exercise

From November 25th 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00am			Yoga Ekta			
9.30am						Dance Fit Yazmin
12.05pm	Heat XP Courtney	Yogalates Sherylee	Heat XP Catalina	Yoga Reha		
4.30pm	Abs XP Catalina				Abs XP Catalina	
5.30pm	Heat Ryo	Enduro	Strength Ryo, AH216	Heat Catalina		