

# Sport & Fitness Centre - North Gym

## Group Exercise Timetable

### From July 14 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am			Yoga Connell		
12.05pm	Heat XP Courtney	Yogalates Sherylee	Heat XP Catalina	Yoga Reha	
1.00pm				Mana Wahine	
4.30pm		Abs XP Catalina			Abs XP Catalina
5.30pm	Heat Alvaro	Enduro Alvaro	Strength AH216 Ryo	Heat Catalina	