

HOLIDAY SEASON: 21 DEC - 12 JAN

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

- ▲ Cycle
- ▲ Mind/body
- ▲ Strength
- ▲ Fitness
- ▲ Aqua
- ▲ Dance
- ▲ Senior

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

NO CLASSES 21 DEC 2024 - 12 JAN 2025

THE Y LAGOON							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

NO CLASSES 21 DEC 2024 - 12 JAN 2025

HOLIDAY SEASON: 13-19 JANUARY

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

- ▲ Cycle
- ▲ Mind/body
- ▲ Strength
- ▲ Fitness
- ▲ Aqua
- ▲ Dance
- ▲ Senior

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

THE Y LAGOON							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor			8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
PM	7.00 - 7.20 Core 20 Richard / Group Ex Room	6.00 - 6.45 HIIT Theo / Group Ex Room	7.00 - 7.20 Core 20 Richard / Group Ex Room	6.00 - 6.45 HIIT Dean / Group Ex Room	6.00 - 6.20 HIIT 20 John / Group Ex Room		

HOLIDAY SEASON: 20-26 JAN

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

- ▲ Cycle
- ▲ Mind/body
- ▲ Strength
- ▲ Fitness
- ▲ Aqua
- ▲ Dance
- ▲ Senior

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 6.45 Spin Sarah / GX Room	6.00 - 6.45 HIIT Simon / Group Ex Room		6.00 - 6.45 HIIT Simon / Group Ex Room			
	9.15 - 10.15 Yoga Dinny / Group Ex Room	9.00 - 9.45 Muscle Max Simon / Group Ex Room			9.00 - 9.45 Muscle Max Francis / Group Ex Room	8.00 - 8.45 HIIT Cathy / Group Ex Room	8.00 - 8.45 Muscle Max Cathy / Group Ex Room
	10.30 - 11.30 Goldfit Annie / Group Ex Room		9.30 - 10.30 Activate Ingrid / Group Ex Room	9.15 - 10.15 Zumba Sonia / Group Ex Room	10.15 - 11.15 Yoga Dinny / Group Ex Room	9.30 - 10.15 Pilates Noa / Group Ex Room	9.00 - 9.45 Pilates Cathy / Group Ex Room
PM			10:45 - 11.45 Pilates Ingrid / Group Ex Room	10.30 - 11.30 Goldfit Annie / Group Ex Room			
	6.00 - 6.45 HIIT Cathy / Group Ex Room	6.00 - 6.45 HIIT Francis / Group Ex Room	6.00 - 6.45 Spin Sarah / Group Ex Room	6.00 - 6.45 Muscle Max Francis / Group Ex Room			
				7.00 - 8.00 Pilates Ingrid / Group Ex Room			

THE Y LAGOON							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 6.45 Spin Rocky / Group Ex Room	8.30 - 9.15 Spin Frances / Group Ex Room	8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
	7.00 - 7.20 Core 20 Richard / Group Ex Room		7.00 - 7.20 Core 20 Richard / Group Ex Room		10.30 - 11.30 Aquafit Rocky / Indoor Pool		
PM	6.00 - 6.45 Spin Rocky / Group Ex Room	6.00 - 6.45 HIIT Theo / Group Ex Room		6.00 - 6.45 HIIT Dean / Group Ex Room	6.00 - 6.20 HIIT 20 John / Group Ex Room		
	7:00 - 7:20 Core 20 Theo / Group Ex Room						

HOLIDAY SEASON: 27 JAN - 2 FEB

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Auckland Anniversary Day 27 Jan 2025	6.00 - 6.45 HIIT Simon / Group Ex Room		6.00 - 6.45 HIIT Simon / Group Ex Room			
		9.00 - 9.45 Muscle Max Simon / Group Ex Room				9.00 - 9.45 Muscle Max Francis / Group Ex Room	8.00 - 8.45 HIIT Caty / Group Ex Room
PM	Auckland Anniversary Day 27 Jan 2025		9.30 - 10.30 Activate Ingrid / Group Ex Room	9.15 - 10.15 Zumba Sonia / Group Ex Room		10.15 - 11.15 Yoga Dinny / Group Ex Room	9.30 - 10.15 Pilates Noa / Group Ex Room
			10:45 - 11.45 Pilates Ingrid / Group Ex Room	10.30 - 11.30 Goldfit Annie / Group Ex Room			
		6.00 - 6.45 HIIT Francis / Group Ex Room	6.00 - 6.45 Spin Sarah / Group Ex Room	6.00 - 6.45 Muscle Max Francis / Group Ex Room			
				7.00 - 8.00 Pilates Ingrid / Group Ex Room			

THE Y LAGOON							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Auckland Anniversary Day 27 Jan 2025	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 6.45 Spin Rocky / Group Ex Room	8.30 - 9.15 Spin Frances / Group Ex Room	8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
		10.30 - 11.30 Aquafit Mans / Indoor Pool	7.00 - 7.20 Core 20 Richard / Group Ex Room		10.30 - 11.30 Aquafit Rocky / Indoor Pool		
PM	Auckland Anniversary Day 27 Jan 2025	6.00 - 6.45 HIIT Theo / Group Ex Room		6.00 - 6.45 HIIT Dean/ Group Ex Room	6.00 - 6.20 HIIT 20 John/ Group Ex Room		
		7.00 - 8.00 Pilates Olga / Group Ex Room					

3 FEBRAURY RETURN TO 100% GROUP EXERCISE TIMETABLE

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- ▲ Aqua
- ▲ Dance
- ▲ Senior

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 6:45 Spin Sarah / Group Ex Room	6.00 - 6:45 HIIT Simon / Group Ex Room	6.00 - 7:00 Boxfit Simon / Group Ex Room	6.00 - 6:45 HIIT Simon / Group Ex Room			
		9.00 - 9:45 Muscle Max Karen / Group Ex Room	8.00 - 9:00 Yoga Ilenia / Group Ex Room		9.00 - 9:45 Muscle Max Frances / Group Ex Room	8.00 - 8:45 HIIT Caty / Group Ex Room	8.00 - 8:45 Muscle Max Caty / Group Ex Room
	9:15 - 10:15 Yoga Ilenia / Group Ex Room	10:00 - 11:00 ZumbaGold Sonia / Group Ex Room	9.30 - 10:30 Activate Ingrid / Group Ex Room	9:15 - 10:15 Zumba Sonia / Group Ex Room	10:15- 11:15 Yoga Ilenia / Group Ex Room	9:30 - 10:30 Pilates Noa / Group Ex Room	9.00 - 9:45 Pilates Caty / Group Ex Room
	10.30 - 11:30 Goldfit Annie / Group Ex Room		10:45 - 11:45 Pilates Ingrid / Group Ex Room	10.30 - 11:30 Goldfit Annie / Group Ex Room			
PM	12:00 - 1:00 Tai Chi Ruby / Group Ex Room				12:00 - 1:00 Tai Chi Ruby / Group Ex Room		
	6.00 - 6:45 HIIT Caty / Group Ex Room	6.00 - 6:45 HIIT Frances / Group Ex Room	6.00 - 6:45 Spin Sarah / Group Ex Room	6.00 - 6:45 Muscle Max Frances / Group Ex Room			
	7.00 - 8:00 Zumba Olga / Group Ex Room	7.00 - 8:00 Yoga Su / Group Ex Room		7.00 - 8:00 Pilates Ingrid / Group Ex Room			

THE Y LAGOON							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 7:00 Boxfit Richard / Group Ex Room	6.00 - 6:30 Strength Richard / Gym Floor	6.00 - 7:00 Boxfit Richard / Group Ex Room	6.00 - 6:30 Strength Richard / Gym Floor	6.00 - 6:45 Spin Rocky / Group Ex Room	8.30 - 9:15 Spin Frances / Group Ex Room	8.30 - 8:50 HIIT 20 Mr. Hou / Group Ex Room
	7.00 - 7:20 Core 20 Richard / Group Ex Room	10.30 - 11.30 Aquafit Mans / Indoor Pool	7.00 - 7:20 Core 20 Richard / Group Ex Room		10.30 - 11.30 Aquafit Rocky / Indoor Pool		
PM	6.00 - 6:45 Spin Rocky / Group Ex Room	6.00 - 6:45 HIIT Theo / Group Ex Room		6.00 - 6:45 HIIT Dean / Group Ex Room	6.00 - 6:20 HIIT 20 John / Group Ex Room		
	7:00 - 7:20 Core 20 Theo / Group Ex Room	7.00 - 8.00 Pilates Olga / Group Ex Room					