

# SUMMER 2025 GROUP EXERCISE TIMETABLE

Please visit [ymcanorth.org.nz](http://ymcanorth.org.nz) for class descriptions

## Class key

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

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	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 Frances / Group Ex Room		
	9:15 - 10:15 Yoga Ilenia/ Group Ex Room	9.00 - 9:45 Muscle Max Karen / Group Ex Room	8:00 - 9:00 Yoga Ilenia Group Ex Room	9:15 - 10:15 Zumba Sonia / Group Ex Room	10:15- 11:15 Yoga Ilenia/ Group Ex Room	8.00 - 8:45 HIIT Caty / Group Ex Room	8.00 - 8:45 Muscle Max Caty / Group Ex Room
	10.30 - 11:30 Goldfit Annie / Group Ex Room	10:00 - 11:00 ZumbaGold Sonia / Group Ex Room	9.30 - 10:30 Activate Ingrid / Group Ex Room	10.30 - 11:30 Goldfit Annie / Group Ex Room	12:00 - 1:00 Tai Chi Ruby / Group Ex Room	9:30 -10:30 Pilates Noa / Group Ex Room	9.00 -9:45 Pilates Caty / Group Ex Room
PM	12:00 - 1:00 Tai Chi Ruby / Group Ex Room		10:45 - 11:45 Pilates Ingrid/ 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					