

## Upper Hutt Gym Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45		Spinning			<del> </del> - —'- — - — -		
8:15	<u> </u>	i		<u> </u>	Ī -	Spinning	<u></u>
9:15				 	L	Thai Box	
0.20		V FIT	Pilates/ Stretch	   <sub> V</sub>	i		Wasan I
9:30		Y-FIT	Julettii -	Y-FIT	Parkinsons	<u>.</u> 	Yoga
	Muscle max	Thai Box	Spinlates	- <del></del>	Pilates		<u> </u>
12.10	muscie max	Trial box	Jpiillates		i liates		
				- ! !	! !	- ! !	
3:45		Y- Dance 5-7			  -	 !	
4:30		Y- Dance 8+		- — - — '	<del> </del> -		l .
5:00			<b></b>	Pilates			
5:30	Step Resistence	Muscle max	<b>Boot Camp</b>		<u> </u>		Casual prices
5:45		Í		Pilates			cle Max, Boot Camp \$7
6:00	] <u></u>				Spinning		ı, Yoga, Pilates, Step ınce , Thai Box \$10
6:15		Yoga	<b></b>	<b></b> 	<del></del> <b>L</b>		arkinsons \$3
6:30	Pilates		Spinning	Thai Box			Find us
7:15	Spinning		 	! :	! <del> </del>	Somme Road	d, Trentham, Upper Hutt
7:30		1	Salsa		<u> </u>		
Salsa			Muscle		Pilat		Boot Camp
	Let Mo show you they way of the salsa! Suitable for all abilities, a great combination of fun dance, culture and		Build the body you want with a variety of weight bearing		A 40-45 minute class focusing on core muscles, flexibility and		Designed to get you up and moving! Our
			and body weight exercises				_
					building strength		bootcamp will work you
S	fitne		and body weig designed to be tone the body	uild muscle,	building strength improve postur control throu	e and breath	bootcamp will work you from your head to toes and every muscle in
ns	fitne		designed to b	uild muscle, and create	improve postur	e and breath igh better	from your head to toes
ons	fitne		designed to be tone the body	uild muscle, and create	improve postur control throu	e and breath igh better	from your head to toes and every muscle in
ions	fitne	ess	designed to b tone the body definit	uild muscle, and create ion.	improve postur control throu breathing te	e and breath ugh better chniques	from your head to toes and every muscle in
otions	fitne Spinle A 40min Spin and P	ates ilates fused class.	designed to be tone the body definit  Spinn This 45–50 min	uild muscle, and create ion.  ling nute class is	improve postur control throu breathing te Step Res A 45 minute clas	e and breath ugh better uchniques  istence s. 20 minutes	from your head to toes and every muscle in between!  Y-Fit A general low impact
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