

Te Atatu Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am Intensity (30mins)	5.30 am RIDE- Lavender fields 25min	5.30 am Relaxation Stretch 20mins	5.30 am Fight Challenge (30mins)	5.30 am Athleticore 25mins		
	6.00am X45 Strength * Kevin		6.00am X45 Cardio * Kevin			
6.30 am Strong Spine (30min)	6.30 am Pilates 45mins	6.30 am Ride- Belgian Ardennes 45mins	6.30 am Niagara Cardio (30mins)	6.30 am RIDE- Scenic Ride 93 46mins		
7.30 am Barre/Pilates 30mins	7.30am RIDE: Cap Corse 48mins	7.30 am Time to move 30mins	7.30 am Mobility and More	7.30 am Yoga Vinyasa 50mins		
8.30 am Get in Shape with Boxing	8.30 am Yoga 1 50mins	8.30 am Mobility Yoga	8.30 am Les Dleblerets 25mins	8.30 am Pilates Core 27mins	8.30 am Xride 45 Hope	8.30 am RIDE Cornet de Roseland 30mins
9.30am Flex Tina	9.30am Xride30 Nora	9.30 am Pilates Nora	9.30am Xcore Sharon	9.30am StepX Sharon	9.30am Flex Tina	9.30am Yoga
	9.30am X45 Strength * Kevin		9.30 am X45 Cardio * Brahm		10am Senior Wrestling Amir	
10.40 am Yin Yoga 30mins	10.35am Xcore Sharon	10.40 am Healthy Back 20mins	10.40 am Low impact Workout 20mins	10.40 am Stretching	10.30 am Barre 45 Renee	

12.00 pm Athleticore 30mins	12.00pm Strength Open blitz 30mins	12.05 pm Core and dynamic strength 30mins	12.05 pm RIDE- Limburg finest 50mins	12.05 pm Cardio Kickboxing	12.00 pm Energising Flow Yoga 30mins	12.00 pm Killer buns and thighs 42mins
1.00pm RIDE: Val d'Azun 25mins	1.00 pm Box Kick full body 30mins	1.00 pm Zumba 1 (25mins)	1.00 pm Muay Thai 33mins	1.00pm Burning HIIT 30min	1.00pm Interval Blast 30mins	1.00 pm Stretching 40mins
2.00 pm Ballet bootcamp 30mins	2.00pm Ride – Cycling basic 24mins	2.00 pm Cardio (28mins)	2.00pm Easy Pilates 25mins	2.00 pm RIDE- Valley of Munster 27mins	2.00 pm RIDE- Calanches des Plana 45mins	2.00 pm RIDE – Game on 26mins
4.00 pm Bodyweight HIIT 30mins	4.00 pm Kick It 50mins	4.00 pm Bodyweight HIIT 2 (30mins)	4.00 pm Barre/Pilates 30mins	4.00 pm Ride – Hit the Road 31mins	4.00pm Step L.A. 25mins	3.00 pm Zero Impact HIIT
4.00 pm Piwi Wrestling Amir		4.30pm Piwi Wrestling Amir		4.00 pm Piwi Wrestling Brahm		4:00pm Yoga Basics 20mins
5.00 pm Junior Wrestling Amir		5.30pm Junior Wrestling Amir		4.30 pm Junior Wrestling Brahm		
5.00 pm Yoga Basics 2 30mins	5.00 pm Willow 54mins	5.00 pm Yin Yoga 30mins	5.00 pm Stretch and Relax 25mins	5.00 pm Powerumba 1 hour		
5.45pm StepX Sharon	6pm Xride Hope	6pm Xride 30 Hope	5.45pm Flex Tina			
6pm Xride 45 Nora	6.15pm Zumba Charlie	6.15pm Yoga Nora	6pm Xride 45 Terry	6.30 pm Barre Booty Blast 30mins		

6.30pm X45 Cardio * Chloe	6pm -7pm Boxing Chris	6.30pm X45 Strength * Kevin	6pm-7pm Boxing Chris			
6.30pm Senior Wrestling Amir		6.30pm Senior Wrestling Amir	7.00pm Senior Wrestling Amir			
7.30 pm (Ambush - Dance Crew	7.30pm Pilates 101 20mins	7.30pm Strong by Zumba 25mins	7.30 pm (Ambush - Dance Crew	7.30pm Ride – Haute Saone 25mins		
	8.30pm Ride – The Climb 30mins	8.30pm Yoga 3				

Red (VC) - Virtual screen classes Pink - X45 Classes (Extra Cost) Blue - Wrestling Classes Black - In person GroupX Classes