

### Te Atatu Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am Easy Pilates (25)	5.30 am RIDE- All that Jazz (21)	5.30 am Piloxing Calorie Crusher (25)	5.30 am Flat Tummy workout (30)	5.30 am Strong by Zumba (20)		
	6.00am X45 Strength * Kevin		6.00am X45 Cardio * Kevin			
6.30 am Healthy Back (29)	6.30 am Willow (55)	6.30 am Ride- Passo del Vivione (48)	6.30 am Niagara Cardio (30mins)	6.30 am RIDE- Beat Ride with Harry (48)		
7.30 am Pilates Basics (30)	7.30am RIDE: Haute Cam (22)	7.30 am Strong Spine (30)	7.30 am Stretching (30)	7.30 am Just relax (25)		
8.30 am Bodytoning (45)	8.30 am Pure Pilates (54)	8.30 am Full body flow (35)	8.30 am RIDE -Scenic Ride Harry 93 (48)	8.30 am Functional Strength and balance (45)	8.30 am Xride 45 Hope	8.30 am RIDE Scenic ride 156 Harry (50)
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 Yoga fun flow (18)	10.35am Xcore Sharon	10.40 am Soul meets Body (25)	10.40 am Time to Move (32)	10.40 am Yoga Basics (18)	10.30 am Barre 45 Renee	

12.00 pm BoxHIIT low body (30)	12.00pm Cardio Kickboxing (30)	12.00 pm HIIT Cardio (25)	12.00 pm RIDE- Col de Aspin (46)	12.00 pm Barre (30)	12.00 pm Stretching (40)	12.00 pm Effective Pilates (42)
1.00pm RIDE: Here it comes (26)	1.00 pm Blast from the past dancing (30)	1.00 pm Zumba 2 (30mins)	1.00 pm Power tabata bodyweight (43)	1.00pm RIDE: Mojave Desert (28)	1.00pm Fight Challenge (30)	1.00 pm Zumba 8 (22)
2.00 pm Power Step 21 (30)	2.00pm Ride –Haute Saone (24)	2.00 pm Yoga Beats (28)	2.00pm Strong and Bendy (29)	2.00 pm Burning HIIT (30)	2.00 pm RIDE- Discesa (23)	2.00 pm RIDE – Col de Marsolino (40)
4.00 pm Muay Thai (30)	4.00 pm Step up Miami (28)	4.00 pm Non stop Barre (30)	4.00 pm Twisting Detox 30mins	4.00 pm Ride – Col de Tourmalet (55)	4.00pm Power Step (25)	3.00 pm Mobility and Balance (28)
4.00 pm Piwi Wrestling Amir		4.30pm Piwi Wrestling Amir		4:30-5:30  Piwi and Junior		4:00pm Yoga Vinyasa (50)
5.00 pm Junior Wrestling Amir		5.30pm Junior Wrestling Amir		combined Wrestling		
5.00 pm Stretching (27)	5.00 pm Steady Flow Yoga (35)	5.00 pm Piloxing box with core (30)	5.00 pm Stretch (20)	5.00 pm Effective Pilates (47)	5:00pm Push up Workout (11)	
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 Yoga full body flow (35)		

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 Muay Thai Fight (30)	7.30 pm (Ambush - Dance Crew			
		8.30pm Yoga 1				

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