



Massage Therapy | Group Fitness | Personal Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WOD 6.00am Ron	OPEN GYM 6.00am	WOD 6.00am Cris	OPEN Gym 6.00am	WOD 6.00am Jolynn	WOD - Everyone 7.00am Bubba	
WhānauFitness KIDS 4.00pm Ron		WhānauFitness KIDS 4.00pm Ron		WhānauFitness KIDS 4.00pm Bubba		
PT+ 4.00pm Bubba		PT+ 4.30pm Bubba				
WOD 5.30pm Bubba		WOD 5.30pm Bubba		BoxFit 5.30pm Bubba		

	Kids Classes		PT Coaching for PT+ Members		Class Members
--	--------------	--	-----------------------------	--	---------------

Class Descriptions

WOD	Strength & Conditioning Class	F/HIIT	Functional Fitness Circuit Class	BoxFit	Boxing Class	Open Gym	Gym is open for all members to come and do own training
------------	-------------------------------	---------------	----------------------------------	---------------	--------------	-----------------	---------------------------------------------------------