

Ashburton Pool & Recreation Centre Group Fitness Timetable 2022

17/01/2022 - V4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH INTENSITY	9:30am	6:30pm	9:15am	10:45am	9:15am	9:30am	9:00am
	Body Pump	Body Pump	Body Step	Body Pump	Body Pump	Body Step	Body Step
	6:00pm		5:30pm	5:30pm	12:00pm	10:30am	10:30am
	Body Step		Body Pump	Body Step	Zumba	Body Pump	Sh'bam
	7:00pm			6:30pm	6:00pm		4:00pm
Body Pump			Sh'bam	Sh'bam		Body Pump	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MIND / BODY	10:30am	9:15am	10:15am	9:15am	10:45am	2:00pm	9:00am
	Dynamic Yoga	Body Balance	Yoga	Synergy	Barre	Body Balance	Hatha Yoga
	2:30pm	10:30am	2:30pm	10:30am	12:00pm		10:00am
	Tai Chi	Dynamic Yoga	Tai Chi	Dynamic Yoga	Hatha		Hatha Yoga
	7:45pm	2:00pm	6:30pm	2:00pm	6:00pm		11:30am
	Empowerment Yoga	Pilates	Body Balance	Pilates	Dynamic Yoga		Body Balance
		6:00pm	7:45pm	7:15pm			5:00pm
		Barre	Yoga	Tai Chi			Yin Yoga
		8:30pm		8:30pm			
	Body Balance		Body Balance				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA	7:30am	7:30am	7:30am	7:30am	7:30am		8:15am
	Aquacise	Aquacise	Aquacise	Deep Water Running	Aquacise		Aquacise
	9:15am	9:15am	9:15am	9:15am	9:15am		
	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
	6:45pm	3:00pm	7:00pm	3:00pm	6:00pm		
Hi Intensity	Aqua Movers	Hi Intensity	Aqua Movers	Aquacise			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE	6:15am	6:15am		9:15am	6:15am	8:15am	8:15am
	Cycle	Cycle		Cycle	Cycle	Cycle	Cycle
		9:15am			10:30am		
		Cycle			Cycle		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL	12:00pm	10:15am	10:45am	12:00pm	10:15am		
	Active Movers	Easy Movers	Zumba Gold	Active Movers	Strength and Balance		
	6:15am	9:15am	6:15am	6:15am	6:15am	9:15am	9:00am
	Metcon	Metcon	Circuit	Circuit	COMING SOON Circuit	Metcon	Strength
	9:15am	5:30pm	9:15am	6:00pm	9:15am	9:15am	9:45am
	COMING SOON Circuit	COMING SOON Boxing Circuit	Cycle/Circuit	HIIT	COMING SOON Circuit	COMING SOON Boxing Circuit	Metcon
	5:15pm		6:15pm				10:00am
	Metcon		Metcon				CXWORX
	6:00pm						
	Strength						



Classes marked with a red flag are currently experiencing below optimal attendances and are at risk of being removed. To avoid class being cancelled we encourage you to attend these classes. Review date for these classes will be 17 February 2022.

COMING SOON

Classes marked "Coming Soon" are pending an instructor. We hope to add back on soon.