

Ashburton Pool & Recreation Centre Group Fitness Timetable 2022

17-Jan-22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH INTENSITY	9:30am	6:30pm	9:15am	10:45am	9:15am	9:30am	9:00am	CYCLE	6:15am	6:15am		9:15am	6:15am	8:15am	8:15am
	Body Pump	Body Pump	Body Step	Body Pump	Body Pump	Body Step	Body Step		Cycle	Cycle		Cycle	Cycle	Cycle	Cycle
	6:00pm		5:30pm	5:30pm	12:00pm	10:30am	10:30am			9:15am				10:30am	
	Body Step		Body Pump	Body Step	Zumba	Body Pump	Sh'bam			Cycle				Cycle	
	7:00pm			6:15pm			4:00pm								
	Body Pump			HIIT			Body Pump								
				6:30pm											
				Sh'bam											
MIND / BODY	10:30am	9:15am	10:15am	10:30am	10:45am	2:00pm	9:00am	PRIME	12:00pm	10:15am	10:45am	12:00pm	10:15am		
	Dynamic Yoga	Body Balance	Hatha Yoga	Dynamic Yoga	Barre	Body Balance	Hatha Yoga		Active Movers	Active Movers	Zumba Gold	Active Movers	Strength and Balance		
	2:30pm	10:30am	2:30pm	2:00pm	12:00pm		10:00am								
	Tai Chi	Dynamic Yoga	Tai Chi	Pilates	Hatha Yoga		Hatha Yoga								
	7:45pm	2:00pm	6:30pm	7:15pm	6:00pm		11:30am								
	Empowerment Yoga	Pilates	Body Balance	Tai Chi	Dynamic Yoga		Body Balance								
		6:00pm	7:45pm	8:30pm			5:00pm								
		Barre	Yoga	Body Balance			Yin Yoga								
	8:30pm														
	Body Balance														
AQUA	7:30am	7:30am	7:30am	7:30am	7:30am		8:15am	FUNCTIONAL	6:15am	9:15am	6:15am	6:15am	6:15am	9:15am	8:15am
	Aquacise	Aquacise	Aquacise	Deep Water Running	Aquacise		Aquacise		Metcon	Metcon	Circuit	Circuit	COMING SOON Circuit	Metcon	Metcon
	9:15am	9:15am	9:15am	9:15am	9:15am				9:15am	5:30pm	9:15am		9:15am	9:15am	9:00am
	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise				COMING SOON Circuit	COMING SOON Boxing Circuit	Cycle/Circuit		COMING SOON Circuit	COMING SOON Boxing Circuit	Strength
	2:00pm	3:00pm	7:00pm		6:00pm				5:15pm		6:15pm				10:00am
	Aqua Gist	Aqua Movers	Hi Intensity		Aquacise				Metcon		Metcon				CXWORX
	6:45pm								6:00pm						
Hi Intensity							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.