



PAIHIA GROUP FITNESS

THE TURF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.40AM		CIRCUIT		CIRCUIT		
6.00AM	CIRCUIT		CIRCUIT		CIRCUIT	
6.30AM		PILATES		POWER FLOW		
7.00AM					BODY MAINTENANCE	
9.00AM		CIRCUIT		VINYASA YOGA	CIRCUIT	CIRCUIT
10.00AM			MUMS & BUBS (11:15AM)			YOGA FLOW
11.30AM	RETROFIT				RETROFIT	
4.55PM	EXPRESS GLUTES		EXPRESS CORE			
5.30PM	BOX & BURN	CIRCUIT	BOX & BURN	CIRCUIT	MONTHLY WORKSHOPS & SOCIAL EVENTS ON FRI NIGHT/ SAT MORNING	
6.30PM		VINYASA YOGA	PILATES	RESTORE YOGA		

- ALL CLASSES 45MINS WITH THE EXCEPTION OF EXPRESS CLASSES AT 30MINS AND RESTORE YOGA AT 60MINS
- ALL GROUP FITNESS CLASSES HAVE A 2-HOUR CANCELLATION POLICY
- ALL CLASSES CAN BE MODIFIED TO INDIVIDUAL LEVELS



SEMI-PRIVATE

THE STRENGTH SPACE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.40AM		LADIES		LADIES		
6.00AM	MIXED		MIXED		MIXED	
7.00AM			LADIES			
8.00AM		MIXED		MENS 50+		MIXED
9.00AM	LADIES		LADIES		LADIES	
10.00AM	LADIES		LADIES		LADIES	
11.00AM	MUMS & BUBS				MUMS & BUBS	
OPEN GYM TIME AVAILABLE 12 -4 MON TO FRI						
4:50PM	MIXED	LADIES		LADIES	MONTHLY WORKSHOPS & SOCIAL EVENTS ON FRI NIGHT/ SAT MORNING	
5:40PM		MIXED ADVANCED		MIXED ADVANCED		

- ALL CLASSES 45MINS
- 12-HOUR CANCELLATION POLICY ON ALL SEMI-PRIVATE CLASSES
- ALL CLASSES CAN BE PERSONALLY TAILORED TO INJURIES, NIGGLES, AND MEDICAL CONDITIONS