



PAIHIA GROUP FITNESS

THE TURF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.40AM		CIRCUIT				
6.00AM	CIRCUIT		CIRCUIT		CIRCUIT	
6.30AM						
7.00AM	PILATES				BODY MAINTENANCE	
8.00AM			VINYASA YOGA			
9.00AM			CIRCUIT		CIRCUIT	CIRCUIT
10.00AM			MUMS & BUBS (11:15AM)			
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	MOVE & GROOVE	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