

Group Fitness Timetable

Effective from 14 June 2010

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

04 978 9700

View our timetable online at exodusclub.co.nz

Top Riders Please Note to guarantee your place in class pick up your tag from reception 10 minutes prior to the start of class. Failure to do so could result in your place being lost.

6:30 am
9:30 am
10:30 am
12:15 pm
5:30 pm
6:00 pm
6:30 pm

**AEROBIC
STUDIO**

| | | | | | | |
|----------|-------------|------------|-------------|------------|----------|--|
| | ExoCircuit | | Box Circuit | | | |
| Power | | Pilates | | | Fight Do | |
| | | | | | Power | |
| | Box Circuit | ExoCircuit | | ExoCircuit | | |
| Fight Do | Mega Danz | Fight Do | Power | | | |
| | | | | | | |
| Power | ExoCircuit | | | | | |

6:30 am
9:30am
10:30 am
12:15 pm
5:45 pm
6:50 pm

**SPIN
STUDIO**

| | | | | | | |
|----------------|----------|----------|----------|----------|----------|----------|
| Top Ride | | Top Ride | | Top Ride | | |
| | Top Ride | | | | Top Ride | |
| | | | | | | Top Ride |
| | | | Top Ride | | | |
| Top Ride Begin | Top Ride | Top Ride | Top Ride | | | |
| | Top Ride | | | | | |

10:30 am
12:30 pm
5:30 pm
6:00 pm
6:15 pm

**M & B
STUDIO**

| | | | | | | |
|---------|------------------|--------------------|-----------|--|---------|------|
| | | | | | Pilates | Yoga |
| | | | | | Yoga | |
| | Yoga Begin | Pilates Begin | Mega Danz | | | |
| Pilates | | | Yoga | | | |
| | Yoga Int. to Adv | Pilates Int to Adv | | | | |