

PORIRUA CONFIGURE GYM FOR WOMEN - GROUP FITNESS 2016
FOR MORE INFO CALL: 04 237 8870 OR EMAIL: CONFIGPOR@XTRA.CO.NZ

APRIL	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hours	0530-8pm	0530-8pm	0530-8pm	0530-8pm	0900-7pm	0800-1pm	0800-1pm
6.00am 45min	ZUU Suz	SPIN Suz	PUMP Suz	PLYO / WEIGHTS Suz		8.30 SPIN Sian	
						9.30 ZUU Sian	POWER Jess
9.15am 45min	SPIN Suz/Sian		PUMP Suz		FUNCTIONAL FITNESS Deb		
1230pm 45min		SWISS Deb					
5pm – 30min		FUNCTIONAL FITNESS Deb		SWISS Deb	ZUU Sian		
530pm- 45min	BOOTCAMP Nona	ZUU Sian	PUMP Intervals Des	ZUMBA Nona	BOXFIT Nona		
630pm- 45min	SPIN Des	STEP Jess	PILATES Tash	PUMP Suz			



MON– Thurs 5.30am - 8pm
Fri 9am – 7pm
Sat & Sun 8am – 1pm
All classes 45mins in duration
Timings are flexible & may change