



- 55MINS

THE HIGH-ENERGY, SPORTS INSPIRED CARDIO WORKOUT THAT BUILDS STRENGTH AND STAMINA.



- 45MINS

A HIP, FUN AND SOCIABLE WAY TO EXERCISE. FEATURING THE LATEST CHART MUSIC AND SIMPLE BUT SERIOUSLY HOT DANCE MOVES. THE ULTIMATE WAY TO SHAPE UP - EVEN IF YOU'RE DANCE CHALLENGED.



- 55MINS

THE YOGA, TAI CHI, PILATES WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH AND LEAVES YOU FEELING CENTERED AND CALM.



- 55MINS

THE FIERCELY ENERGETIC MARTIAL ARTS WORKOUT WHERE YOU ARE TOTALLY UNLEASHED AND EMPOWERED.



- 55MINS

LOSE YOURSELF IN THE DANCE-INSPIRED CARDIO WORKOUT TO THE LATEST DANCE STYLES AND THE HOTTEST NEW SOUNDS.



- 30MINS

FUNCTIONAL ABDOMINAL, HIP AND BACK TRAINING, HELPING YOU GET STRONGER WHERE IT MATTERS MOST. NOT RECOMMENDED PRIOR TO OTHER TRAINING.



- 55MINS

CHALLENGE YOURSELF WITH THE ORIGINAL BARBELL WORKOUT THAT STRENGTHENS AND TONES YOUR ENTIRE BODY.



- 55MINS

FEEL LIBERATED AND ALIVE WITH THE ENERGIZING STEP WORKOUT THAT PUSHES FAT-BURNING SYSTEMS INTO HIGH GEAR.



- 50 OR 60MINS

THE INDOOR CYCLING WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC TO A CALORIE-BURNING ENDORPHIN HIGH.

NORTH SHORE LEISURE



GLENFIELD

LAND BASED

BENTLEY AVENUE
GLENFIELD

OPENING HOURS

MONDAY TO FRIDAY - 5.30AM TO 9.00PM
SATURDAY AND SUNDAY - 8.00AM TO 6.00PM
PUBLIC HOLIDAYS - 9.00AM TO 5.00PM

MONDAY

6.00AM	LES MILLS BODYPUMP
9.15AM	LES MILLS BODYSTEP
	LES MILLS RPM
	YOGA
10.15AM	GRAVITY - GROUP STRENGTH+
	LES MILLS BODYPUMP
	Active Seniors PILATES
4.15PM (30 MINS)	LES MILLS BODYPUMP
4.45PM (30 MINS)	LES MILLS CXWORX
5.15PM	LES MILLS BODYSTEP
5.30PM	LES MILLS SH'BAM
5.45PM	LES MILLS RPM
6.00PM	BOX TRAIN
	GRAVITY - Core Dynamics GROUP STRENGTH+
6.15PM	LES MILLS BODYATTACK
	LES MILLS BODYBALANCE
7.15PM	LES MILLS BODYPUMP

TUESDAY

6.00AM	LES MILLS RPM
9.00AM	GRAVITY - Core Dynamics GROUP STRENGTH+
9.15AM	LES MILLS BODYATTACK
	PILATES MIXED
10.15AM	LES MILLS SH'BAM
11.00AM (30 MINS)	LES MILLS CXWORX
3.30PM (TERM CLASS)	B BOP
4.10PM (TERM CLASS)	BEG. CHEERLEADING
4.45PM (30 MINS)	LES MILLS CXWORX
5.15PM	LES MILLS BODYPUMP
	LES MILLS BODYJAM
6.00PM	LES MILLS RPM
	BOX TRAIN
	GRAVITY - Evolved PILATES
6.15PM	LES MILLS BODYSTEP
	YOGA
7.15PM	LES MILLS BODYCOMBAT

FRIDAY

6.00AM	GRAVITY - GROUP STRENGTH
	COMING SOON - BOOTCAMP
9.15AM	LES MILLS BODYPUMP
	YOGA
	LES MILLS RPM
10.15AM (30 MINS)	LES MILLS BODYCOMBAT
10.45AM (30 MINS)	LES MILLS CXWORX
4.30PM	LES MILLS SH'BAM
5.15PM	LES MILLS BODYATTACK
6.15PM	LES MILLS BODYPUMP

WEDNESDAY

6.00AM	LES MILLS BODYPUMP
	GRAVITY - Evolved PILATES
6.15AM	LES MILLS BODYPUMP
9.15AM	YOGA
	LES MILLS RPM
10.15AM	LES MILLS BODYSTEP
	LES MILLS BODYPUMP
	LES MILLS BODYCOMBAT
	LES MILLS SH'BAM
	LES MILLS BODYATTACK
	LES MILLS BODYBALANCE
	(30 MINS) LES MILLS BODYPUMP
7.15PM	(30 MINS) LES MILLS CXWORX

SATURDAY

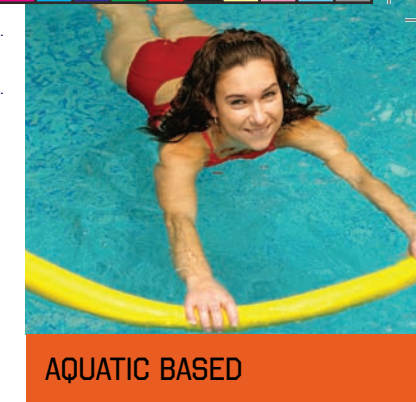
8.15AM	LES MILLS BODYPUMP
	LES MILLS RPM
9.00AM	LES MILLS SH'BAM
9.15AM	LES MILLS BODYSTEP
9.45AM (30 MINS)	LES MILLS CXWORX
10.00AM	GRAVITY - GROUP STRENGTH
	BOX TRAIN
10.15AM	LES MILLS BODYATTACK
11.15AM	LES MILLS BODYBALANCE
3.30PM (30 MINS)	LES MILLS CXWORX
4.00PM	LES MILLS BODYCOMBAT
5.00PM	LES MILLS BODYJAM
	LES MILLS BODYPUMP

THURSDAY

6.00AM	LES MILLS RPM
9.00AM	GRAVITY - GROUP STRENGTH
9.15AM	LES MILLS BODYATTACK
10.15AM	ACTIVE SNR - SNR MOVEMENT
	PILATES MIXED
	LES MILLS SH'BAM
11.00AM (30 MINS)	LES MILLS CXWORX
3.30PM (TERM CLASS)	CHEERLEADING
4.10PM (TERM CLASS)	HIP HOP
4.45PM (30 MINS)	LES MILLS CXWORX
5.15PM	LES MILLS BODYJAM
5.30PM	GRAVITY - Evolved PILATES
6.00PM	LES MILLS RPM
	BOX TRAIN
6.15PM	LES MILLS BODYCOMBAT
	YOGA
6.30PM	GRAVITY - Core Dynamics GROUP STRENGTH+
7.15PM	LES MILLS BODYSTEP

SUNDAY

8.15AM	YOGA
8.30AM	BOX TRAIN
9.15AM	LES MILLS BODYATTACK
10.15AM	LES MILLS BODYSTEP
11.15AM	LES MILLS BODYBALANCE
4.00PM	LES MILLS BODYPUMP
5.00PM	LES MILLS SH'BAM



AQUATIC BASED

MONDAY

9.30AM	AQUA DEEP
7.15PM	AQUA SHALLOW

TUESDAY

9.30AM	AQUA SHALLOW
10.30AM	AQUA SENIOR DEEP
7.15PM	AQUA SHALLOW

WEDNESDAY

9.30AM	AQUA DEEP
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THURSDAY

8.30AM	AQUA SHALLOW
9.30AM	AQUA SENIOR SHALLOW
7.15PM	AQUA DEEP

FRIDAY

9.30AM	AQUA DEEP
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SUNDAY

9.30AM	AQUA SHALLOW
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NORTH SHORE LEISURE





GROUP FITNESS TIMETABLE

NORTH SHORE LEISURE
www.northshoreleisure.co.nz



NORTH SHORE LEISURE
www.northshoreleisure.co.nz



EAST COAST BAYS

LAND BASED

BUTE ROAD
BROWNS BAY

OPENING HOURS

MONDAY, WEDNESDAY AND FRIDAY –
8.30AM TO 9.00PM
TUESDAY AND THURSDAY –
6.00AM TO 9.00PM
SUNDAY AND PUBLIC HOLIDAYS – CLOSED

TUESDAY

- 6.15AM LES MILLS RPM
- 9.15AM LES MILLS BODYSTEP
- 10.30AM SNR MOVEMENT
- (30 MINS) LES MILLS CXWORX
- 5.30PM LES MILLS SH'BAM
- 6.15PM LES MILLS BODYSTEP
- 7.15PM LES MILLS BODYBALANCE

THURSDAY

- 6.15AM LES MILLS RPM
- 9.15AM LES MILLS SH'BAM
- 10.00AM (30 MINS) LES MILLS CXWORX
- 10.30AM SNR MOVEMENT
- COMING SOON - BOOTCAMP
- 5.30PM LES MILLS SH'BAM
- 6.30PM LES MILLS BODYBALANCE
- 7.15PM LES MILLS BODYBALANCE

MONDAY

- 9.15AM LES MILLS BODYATTACK
- 10.30AM LES MILLS BODYPUMP
- 5.30PM (45 MINS) LES MILLS BODYCOMBAT
- 6.15PM LES MILLS BODYATTACK
- YOGA
- 7.15PM LES MILLS BODYPUMP

WEDNESDAY

- 9.15AM LES MILLS BODYCOMBAT
- 10.30AM LES MILLS BODYBALANCE
- 3.30PM (TERM CLASS) B BOP
- 4.10PM (TERM CLASS) HIP HOP
- 5.15PM LES MILLS BODYPUMP
- 6.15PM LES MILLS BODYATTACK
- YOGA
- 7.15PM (30 MINS) LES MILLS CXWORX

FRIDAY

- 9.15AM LES MILLS BODYATTACK
- 10.30AM LES MILLS BODYPUMP
- 5.30PM LES MILLS BODYSTEP
- 6.30PM (30 MINS) LES MILLS CXWORX

SATURDAY

- 8.15AM LES MILLS BODYPUMP
- LES MILLS RPM
- LES MILLS SH'BAM
- 9.15AM LES MILLS SH'BAM
- 10.00AM (30 MINS) LES MILLS CXWORX
- 10.30AM LES MILLS BODYBALANCE



TAKAPUNA

AQUATIC BASED

KILLARNEY STREET
TAKAPUNA

OPENING HOURS

MONDAY – FRIDAY 5.30AM TO 9.00PM
SATURDAY AND SUNDAY – 8.00AM TO 6.00PM
PUBLIC HOLIDAYS – 9.00AM TO 5.00PM

MON/WED

- 10.30AM AQUA
- 7.30PM AQUA

TUES/THURS

- 10.30AM AQUA
- 12.00PM AQUA SENIOR

FRI/SAT/SUN

- 10.30AM AQUA

FOR GROUP FITNESS DESCRIPTIONS

RELATING TO ITT CIRCUITS, PILATES, YOGA, GRAVITY, SH'BAM, CXWORX, SENIOR MOVEMENT, ACTIVESENIOR, BOX TRAIN, BBOP, HIP HOP, CHEERLEADING AND AQUATIC BASED CLASSES, PLEASE VISIT WWW.NORTHSHORELEISURE.CO.NZ

BIRKENHEAD

LAND BASED

MAHARA AVENUE
BIRKENHEAD



GYM OPENING HOURS

MON, WED, FRI – 6.00AM TO 9.00PM
TUES, THURS – 6.00AM TO 10.00PM
SAT, SUN – 9.00AM TO 6.00PM

MONDAY

- 6.00AM ITT CIRCUIT
- 9.15AM LES MILLS BODYCOMBAT
- 5.30PM ITT CIRCUIT
- 6.30PM LES MILLS SH'BAM

TUESDAY

- 6.00AM ITT CIRCUIT
- 9.15AM (30 MINS) ITT CIRCUIT
- 9.45AM (30 MINS) LES MILLS CXWORX
- 10.15AM LES MILLS BODYBALANCE
- 5.15PM (30 MINS) LES MILLS BODYPUMP
- 5.45PM (30 MINS) LES MILLS CXWORX

WEDNESDAY

- 6.00AM ITT CIRCUIT
- 9.15AM (30 MINS) LES MILLS BODYATTACK
- 9.45AM (30 MINS) LES MILLS BODYPUMP
- 5.30PM ITT CIRCUIT
- 6.30PM YOGA

THURSDAY

- 6.00AM ITT CIRCUIT
- 9.15AM (30 MINS) ITT CIRCUIT
- 9.45AM (30 MINS) LES MILLS CXWORX
- 10.15AM LES MILLS BODYBALANCE
- 5.15PM (30 MINS) LES MILLS BODYPUMP
- 5.45PM (30 MINS) LES MILLS CXWORX

FRIDAY

- 6.00AM ITT CIRCUIT
- 6.00PM ITT CIRCUIT

SATURDAY

- 9.30AM ITT CIRCUIT
- 10.30AM YOGA

SUNDAY

- 9.30AM LES MILLS BODYPUMP