

## EASTER WEEKEND

### GROUP FITNESS TIMETABLE - 2ND-5TH APRIL 2010

GOOD FRIDAY	Time	Studio	SATURDAY	EASTER SUNDAY	EASTER MONDAY
<b>CLOSED</b>	8.15am	1	BODY PUMP		
	8.30am	RPM	RPM 60mins		
	9.15am	1	BODY STEP	BODY ATTACK	BODY ATTACK
	9.15am	2	BODY VIVE		
	9.15am	RPM			RPM 60mins
	9.30am	Pool		AQUA SHALLOW	AQUA DEEP
	10.00am	Gravity Studio	GRAVITY GROUP STRENGTH	GRAVITY PILATES EVOLVED	
	10.00am	Boxing Room	BOXING		
	10.15am	1	BODY ATTACK	BODY STEP	
	10.30am	1			BODY PUMP
	11.15am	1	BODY BALANCE	BODY BALANCE	
	3.00pm	1			BODY STEP
	3.30pm	2	BODY JAM Technique		
	4.00pm	1	BODY COMBAT	BODY PUMP	BODY PUMP
	4.00pm	2	BODY JAM		
	5.00pm	1	BODY PUMP		

#### FOR FURTHER INFORMATION PLEASE CONTACT:

North Shore Leisure - Glenfield  
 Bentley Avenue, Glenfield  
 Phone 09 444 6340 Fax 09 444 6626  
 Group Fitness Timetable Direct Line 09 486 8585 Ext 8129  
[www.northshoreleisure.co.nz](http://www.northshoreleisure.co.nz)

#### EASTER WEEKEND CENTRE HOURS:

Good Friday: CLOSED  
 Saturday: 8.00am - 6.00pm  
 Sunday: 8.00am - 6.00pm  
 Easter Monday: 9.00am - 5.00pm