

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

EARLY MORNING (VIP members only)

6.00am

SPIN
& ABS

SPIN

H.I.I.T

6:15am

STEP

BOXFIT

6:30 BODY
BALANCE
EXPRESS

SPIN 45

MID MORNING

9.30am

SPIN

BODY PUMP

SPIN

BODY PUMP

8am
YOGA

10.30am

BODY
BALANCE

11am
USE IT OR
LOSE IT

YOGA

STEP
as of 4th
Oct

BODY
BALANCE

9am
BODY PUMP

LUNCHTIME

12.15pm

PILATES

BODY
BALANCE

BODY PUMP
EXPRESS

SPIN
EXPRESS

STEP
EXPRESS

10am
SPIN 45
starts 21st Oct

EVENING

5.30pm

SPIN

BODY
PUMP

SPIN
& ABS

H.I.I.T

SPIN
45

BODY
BALANCE

RESTORATIVE
YOGA

6:00pm

6:30pm
YOGA

YOGA

BODY PUMP

Valid as of Monday 25th Sept 2017. Subject to change due to demand.

www.MiGym.co.nz