

Group Fitness

Christmas Break/Last 2025 class dates:

Stretch and flex Wednesday 17th Dec, 9am

Aquagente Thursday 18th Dec, 10am

Pilates Thursday 18th Dec, 9am

Spin 30 Thursday 18th Dec, 1230pm

Spin Monday 22nd Dec, 6pm

Yoga Monday 22nd Dec, 6.30am

Power Monday 22nd Dec, 6pm

Aquacise Monday 22nd Dec, 9am

Going for Gold Monday 22nd Dec, 9.30am

HIIT 30 Monday 22nd Dec, 1230pm

HIIT Tuesday 23rd Dec, 6pm

Eke Paihikara Tuesday 23rd Dec, 6am

Bums & Tums Tuesday 23rd Dec, 6.30am

All classes to resume from Monday 26th Jan 2026