

GROUP FITNESS TIMETABLE




Peak Fitness and Health has a class for all your goals – strength, toning, cardio, flexibility and mobility, children, 50+. You name it – we’ve got it!

All Classes are adaptable to suit your ability and requirements. Please ensure you notify your instructor if you have any injuries, aches or pains or are pregnant.

22 Te Aute Road, Havelock North. Phone 877 9781

www.peakfitnessandhealth.co.nz info@peakfitnessandhealth.co.nz



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:45am – 6:45am	PEAK X 6:00 – 7:00am	LES MILLS CXWORX 6:15 – 6:45am		LES MILLS BODYPUMP 6:00 – 7:00am		LES MILLS BODYPUMP 8:30 – 9:30am
LES MILLS BODYPUMP 9:15 – 10:15am Childcare @9:15	PEAK X 9:15 – 10:15am Childcare @9:15	LES MILLS BODYCOMBAT 9:15 – 10:15am Childcare @9:15	PEAK X 9:15 – 10:15am Childcare @9:15	LES MILLS tone 9:15 – 10:15am Childcare @9:15		LES MILLS BODYSTEP 9:30 – 10:30am
50+ STRENGTH 10:30 – 11:30am		50+ LES MILLS BODYPUMP 10:30 – 11:30am		50+ LES MILLS BODYBALANCE 10:30 – 11:30am	LES MILLS BODYBALANCE 10:30 – 11:30am	
	 PEAK TEENS 4:30 – 5:15pm	PEAK X 12:15 – 1:15pm	 PEAK KIDS 3:30 – 4:15pm	 PEAK TEENS 4:30 – 5:15pm		
	PEAK CORE 5:00 – 5:30pm					
LES MILLS BODYPUMP 5:30 – 6:30pm	PEAK BOX 5:30 – 6:30pm	LES MILLS BODYSTEP 5:30 – 6:30pm	LES MILLS CXWORX 5:30 – 6:00pm	LES MILLS BODYPUMP 5:30 – 6:30pm		
			PEAK BOX 6:00 – 6:30 pm			
LES MILLS BODYBALANCE 6:30 – 7:30pm		LES MILLS BODYBALANCE 6:30 – 7:30pm	PEAK X 6:30 – 7:30pm			
LES MILLS RPM 5.45 – 6.30pm	LES MILLS RPM 5:45 – 6:30am	LES MILLS RPM 5.45 – 6.30am 5.45 – 6.30pm	LES MILLS RPM 5:45 – 6:30am	LES MILLS RPM 5.45 – 6:30am	LES MILLS RPM 7:15 – 8:00am	