

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 RPM 5:45 – 6:30am	LES MILLS RPM 5:45 – 6:30am	LES MILLS RPM 5:45 – 6:30am	LES MILLS RPM 5:45 – 6:30am	LES MILLS RPM 7:15 – 8:00am	LES MILLS BODYPUMP 8:30-9:30am
LES MILLS BODYPUMP 5:45am – 6:45am	PEAK X 6.00 – 7:15am	LES MILLS BODYPUMP 5:45am – 6:45am		LES MILLS BODYPUMP 5:45am – 6:45am		LES MILLS BODYSTEP 9:30 – 10:30am
LES MILLS CXWORX 9:15 – 9:45am	PEAK X 9:15 – 10:15am	PEAK X 9:15 – 10:15am	PEAK X 9:15 – 10:15am	LES MILLS BODYPUMP 9:15 – 10:15am		
50+ CIRCUIT 10.30-11.30am		50+ CIRCUIT 10.30-11.30am			LES MILLS BODYBALANCE 10:30 – 11:30am	
		PEAK X 12:15 – 1:15pm				
LES MILLS BODYPUMP 5:30 – 6:15pm	PEAK BOX 5:30 – 6:30pm	LES MILLS BODYSTEP 5:30 – 6:15pm	PEAK BOX 5:30pm – 6:00pm	LES MILLS BODYPUMP 5:30 – 6:30pm		
LES MILLS RPM 5:45 – 6.30pm		LES MILLS RPM 5:45 – 6:30pm	PEAK X 6:00 – 7:00pm			
LES MILLS BODYBALANCE 6:30 – 7:30pm	LES MILLS CXWORX 6:30 – 7:00pm	LES MILLS BODYBALANCE 6:30 – 7:30pm				