

# GYM CLASSES SCHEDULE

KEY: GREEN = AUCKLAND PARK(\*PAID CLASS) | RED = WOODMEAD(\*PAID CLASS)

RESUMES 12 JANUARY 2026

MON

06:15  
PILATES (INDOOR)  
DAGMAR

08:00  
SPINNING (INDOORS)  
LESLIE

09:30  
GOLF SPECIFIC  
EXERCISES  
(INDOOR)  
VIV

13:00  
\*SWIMMING CLASS  
GARTH

17:30  
PILATES (INTDOOR)  
VIV

17:30  
YOGA (INDOORS)  
JANET

18:00  
SPINNING (INDOOR)  
MEL

TUE

06:00  
BOOTCAMP (INDOOR)

07:15  
PILATES (INDOOR)  
VIV

09:30  
MOVEMENT (INDOOR)  
GALE

11:00  
SENIORS CLASS  
(INDOOR)

13:00  
\*SWIMMING CLASS  
GARTH

17:30  
BREATHING/RELAXATION  
TAZ

17:30  
SPINNING (INDOOR)  
STEVE

WED

05:45  
SPINNING (INDOOR)  
MEL

08:00  
SPINNING (INDOOR)  
LESLIE

09:30  
STRETCH  
SUE

17:30  
YOGA (INDOOR)  
SAJIV

17:30  
YOGA (INDOORS)  
MARINA

THU

07:00  
\*BOXERCISE  
AKANI

07:15  
PILATES (INDOOR)  
DAGMAR

09:45  
STRETCH (INDOOR)  
SUE

16:15  
STAFF SPINNING  
STEVE

17:30  
SPINNING (INDOORS)  
STEVE

17:30  
\*PILATES (INDOOR)  
DAGMAR

FRI

06:00  
BOOTCAMP (INDOOR)

09:45  
AQUA  
SUE

11:00  
SENIORS CLASS  
(INDOOR)

SAT

07:30  
SPINNING (INDOOR)  
MONICA

08:30  
YOGA (OUTDOOR)  
KARIMA

09:00  
YOGA (OUTDOORS)  
MARINA

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Bookings essential online, via the app or by calling reception.

Cancellations must be made 24hrs before the session.

\*Outdoor sessions are weather dependent, should weather not allow the session will be moved into a suitable indoor venue if available.

Please note classes indicated with a "\*" are charged for except for online classes.

Contact Luyanda for more information

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