

# blenheim timetable // autumn 2012

7-9 nelson street, blenheim 7201 // T 03 578 3334



	M	T	W	T	F	S	S
studio one	<b>step</b> 9.15 am	<b>power</b> 9.15 am	<b>step</b> 9.15 am	<b>power</b> 9.15 am	<b>step</b> 9.15 am	<b>power</b> 9.00 am	
	<b>active</b> 10.30 am	<b>core</b> 4.45 pm	<b>power</b> 5.30 pm	<b>active</b> 10.30 am			
	<b>power</b> 5.30 pm	<b>step</b> 5.30 pm	<b>active</b> 6.30 pm	<b>core</b> 4.45 pm			
	<b>kick</b> 6.30 pm	<b>centergy</b> 6.30 pm		<b>kick</b> 5.30 pm			
				<b>centergy</b> 6.30 pm			
cycle studio	<b>ride</b> 6.00 am	<b>ride</b> 6.00 am	<b>ride</b> 6.00 am	<b>ride</b> 6.00 am	<b>ride</b> 6.00 am		
	<b>ride</b> 5.30 pm	<b>ride</b> 5.30 pm		<b>ride</b> 5.30 pm			

commences 7 February 2012

group fitness manager greg smith // E greg.smith@cityfitness.co.nz // www.cityfitness.co.nz

