

# newmarket timetable // autumn 2012

44 nuffield street, newmarket 1023 // T 09 920 2120



	M	T	W	T	F	S	S
studio one	<b>power</b> 9.15 am	<b>power</b> 6.15 am	<b>centergy</b> 6.15 am	<b>power</b> 9.15 am	<b>power</b> 6.15 am	<b>power</b> 9.00 am	<b>zumba</b> 9.00 am
	<b>centergy</b> 12.10 pm	<b>centergy</b> 9.15 am	<b>zumba</b> 9.15 am	<b>active</b> 5.30 pm	<b>centergy</b> 9.15 am	<b>centergy</b> 10.00 am	<b>centergy</b> 10.00 am
	<b>power</b> 5.30 pm	<b>power</b> 12.10 pm	<b>kick</b> 5.30 pm	<b>zumba</b> 6.30 pm	<b>zumba</b> 5.30 pm		
	<b>kick</b> 6.30 pm	<b>centergy</b> 5.30 pm	<b>power</b> 6.30 pm				
	<b>centergy</b> 7.30 pm	<b>step</b> 6.30 pm	<b>centergy</b> 7.30 pm				
		<b>zumba</b> 7.30 pm					
cycle studio	<b>ride</b> 6.15 am	<b>ride</b> 6.15 am	<b>ride</b> 6.15 am	<b>ride</b> 6.15 am	<b>ride</b> 6.15 am	<b>ride</b> 8.30 am	<b>ride</b> 8.30 am
	<b>ride</b> 6.00 pm	<b>ride</b> 5.45 pm	<b>ride</b> 12.10 pm	<b>ride</b> 5.45 pm	<b>ride</b> 12.10 pm		
			<b>ride</b> 6.00 pm				

commences 7 February 2012

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