

northwood timetable // autumn 2012

1 radcliffe road, belfast 8051 // T 03 375 9110



	M	T	W	T	F	S	S
studio one	bat 9.30 am	kick 9.30 am	power 9.30 am	centergy 9.30 am	active 9.30 am	power 9.30 am	step 9.30 am
	active 10.30 am				zumba 10.30 am	centergy 10.30 am	zumba 10.30 am
	kick 5.15 pm	active 5.15 pm	power 5.15 pm	step 5.15 pm			
	power 6.30 pm	zumba 6.30 pm	centergy 6.30 pm	bat 6.30 pm			
	centergy 7.30 pm			yoga 7.30 pm			
cycle studio	ride 6.15 am		ride 6.15 am		ride 6.15 am		
						ride 8.30 am	
							ride 9.00 am
		ride 9.30 am		ride 9.30 am			
	ride 5.15 pm	ride 5.15 pm	ride 5.15 pm				
	ride 6.15 pm	ride 6.15 pm	ride 6.15 pm	ride 6.15 pm			

commences 7 February 2012

group fitness manager nikki clarke // E nikki@cityfitness.co.nz // www.cityfitness.co.nz

