November Timetable

Mon	Tues	Wed	Thurs	Fri
6 No classes	7 Hauora Health Assessments 1:00-3:00pm Mobility/Flexibility 1:30-2:00pm	8 Fundamentals of exercise Posture/technique 1:30-2:00pm	9 Private Group 1:30-2:30pm	10 Cardio & Weights Session 1:30-2:00pm
13 No classes	14 No classes	15 HWT Smoking Cessation 10:00-12:00pm No classes	16 Private Group 1:30-2:30pm	17 GYM CLOSED PUBLIC HOLIDAY
20 No classes	21 Hauora Health Assessments 1:00-3:00pm No classes	22 GYM CLOSED Staff Training	23 Private Group 1:30-2:30pm	24 No classes
27 No classes	28 Mobility/Flexibility Session 1:30-2:00pm	29 Fundamentals of exercise Posture/technique 1:30-2:00pm	30 Private Group 1:30-2:30pm	

NB The gym floor is closed on Thursdays 1:30-2:30pm for a private group.

Tinana