

# May

# Timetable

Mon	Tues	Wed	Thurs	Fri	Sat
1 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	2 Mobility/Flexibility Session 1:30-2:00 <sup>pm</sup>	3 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	4 HWT Hauora Assesments 1:00-3:00 <sup>pm</sup> Closed Private Group 1:30-2:30 <sup>pm</sup>	5 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	6 Mere-Ana Brenan Session 7:30-8:30 <sup>am</sup>
8 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	9 Mobility/Flexibility Session 1:30-2:00 <sup>pm</sup>	10 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	11 Closed Private Group 1:30-2:30 <sup>pm</sup>	12 Mobility/Flexibility Session 1:30-2:00 <sup>pm</sup>	13 Mere-Ana Brenan Session 7:30-8:30 <sup>am</sup>
15 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	16 Heart Health & Pulse Checks 9:00-11:00 <sup>am</sup> Mobility/Flexibility 1:30-2:00 <sup>pm</sup>	17 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	18 HWT Hauora Assesments 1:00-3:00 <sup>pm</sup> Closed Private Group 1:30-2:30 <sup>pm</sup>	19 Mobility/Flexibility Session 1:30-2:00 <sup>pm</sup>	20 Mere-Ana Brenan Session 7:30-8:30 <sup>am</sup>
22 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	23 Mobility/Flexibility Session 1:30-2:00 <sup>pm</sup>	24 HWT Smoking Cessation 10:00-12:00 <sup>pm</sup> Cardio & Weights 1:30-2:00 <sup>pm</sup>	25 Closed Private Group 1:30-2:30 <sup>pm</sup>	26 Mobility/Flexibility Session 1:30-2:00 <sup>pm</sup>	27 Mere-Ana Brenan Session 7:30-8:30 <sup>am</sup>
29 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	30 Mobility/Flexibility Session 1:30-2:00 <sup>pm</sup>	31 Cardio & Weights Session 1:30-2:00 <sup>pm</sup>	NB The gym is closed on Thursdays 1:30-2:30 <sup>pm</sup> for a private group.		

