

October Timetable

NB The gym floor is closed on Thursdays
1:30–2:30^{pm} for a private group.

Mon	Tues	Wed	Thurs	Fri
2 No classes	3 Mobility/Flexibility Session 1:30–2:00 ^{pm}	4 Fundamentals of exercise Posture/technique 1:30–2:00 ^{pm}	5 Private Group 1:30–2:30 ^{pm}	6 Cardio & Weights Session 1:30–2:00 ^{pm}
9 No classes	10 Hauora Health Assessments 1:00–3:00 ^{pm} Mobility/Flexibility 1:30–2:00 ^{pm}	11 Fundamentals of exercise Posture/technique 1:30–2:00 ^{pm}	12 Private Group 1:30–2:30 ^{pm}	13 Cardio & Weights Session 1:30–2:00 ^{pm}
16 No classes	17 Mobility/Flexibility Session 1:30–2:00 ^{pm}	18 HWT Smoking Cessation 10:00–12:00 ^{pm} Fundamentals of exercise 1:30–2:00 ^{pm}	19 Private Group 1:30–2:30 ^{pm}	20 Cardio & Weights Session 1:30–2:00 ^{pm}
23 GYM CLOSED Labour Day	24 Hauora Health Assessments 1:00–3:00 ^{pm} Mobility/Flexibility 1:30–2:00 ^{pm}	25 Fundamentals of exercise Posture/technique 1:30–2:00 ^{pm}	26 Private Group 1:30–2:30 ^{pm}	27 Cardio & Weights Session 1:30–2:00 ^{pm}

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