

2023 TIMETABLE

UPDATED 13 JANUARY 2023

Lisa Mahone

📞 021 890 555

mrs1mmahone@hotmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am LES MILLS GRIT STRENGTH 30 mins 📍 CHURCH	6.15am LES MILLS BODYPUMP® 45 mins 📍 CHURCH	6.15am LES MILLS GRIT CARDIO 30 mins 📍 CHURCH	6.15am BODY BALANCE 30 mins 📍 CHURCH	6.15am LES MILLS GRIT STRENGTH/CARDIO 30 mins 📍 CHURCH	
					8.00am LES MILLS BODYPUMP® 60 mins 📍 CHURCH
9.30am BODY BALANCE 55 mins 📍 CHURCH	9.15am LES MILLS BODYPUMP® 60 mins 📍 CHURCH	9.30am YOGILATES 50 mins 📍 CHURCH	9.15am LES MILLS BODYPUMP® 45 mins 📍 CHURCH	9.30am BODY BALANCE 55 mins 📍 CHURCH	
	10.30am SENIOR TONE 50 mins 📍 CHURCH		10.15am SENIOR TONE 45 mins 📍 CHURCH		

Price list:

- 1 x class\$25
- 5 Concession pass\$110
- 10 Concession pass\$199
- 5-week membership\$159
- 10-week membership\$255
- 10-week partner rate\$169
- Over 80'sGold coin donation

Memberships can apply for up to 2 weeks added for sickness or travel with prior approval.

Membership can be paid to:

Lisa Mahone
 12 3073 0029529 00

Locations:

- 📍 **Hall**
 Tamaki Ex-Services Association Hall,
 17-19 Turua St, St Heliers
- 📍 **Church**
 Saint Heliers Church and Community
 Centre, 100 St Heliers Bay Road
- 📍 **Eastern Bays Fitness**
 203 Kohimarama Road, Kohimarama

Personal training available

** Childcare available in the school holidays*