


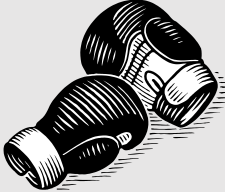


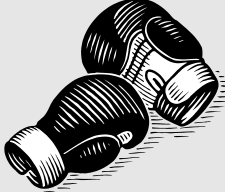

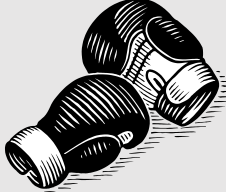
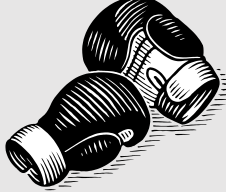


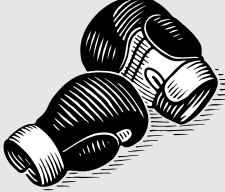

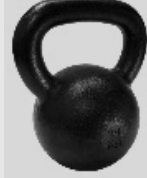










# Wairua Timetable Jan 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	 60MIN	 45MIN	 45MIN	 60MIN	 45MIN	 7.00AM	
6.30AM		 45MIN			 45MIN	 8.00AM	
9.15AM	 45MIN	 60MIN	 45MIN	 60MIN	 60MIN	 9.00AM	
10.00AM							
12.10PM	 45MIN						
5.30PM	 60MIN	 60MIN	 60MIN	 60MIN			
6.30PM							

**SyngyX**  Challenge your endurance with a fast paced full body circuit. Combining strength exercises and mobility with cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace.

**BoXfit**  Challenge your co-ordination with boxing skills and punching drills. You will be coached on technique and training intensities combining boxing and fitness to give you a complete full body workout.

**Spin-X**  Challenge your cardio vascular systems while riding a variety of terrains from hills to mixed terrain to mountains, all set to music designed to push you to a new level of fitness.

Creating positivity through movement and mobility