

Group fitness class (Staff & Student) Schedule 2021




DAY	TIME	DATES	CLASS TYPE	LOCATION	INSTRUCTOR
Monday	12-1pm	15 Feb - 6 Dec	Staff yoga	W224, City campus	Jenny Ho
Monday	5.15-6.15pm	14 Jun - 23 Aug	Staff/Student Tai Chi	W224, City campus	Geraldine
Tuesday	12-1pm	2 Feb - 14 Dec	Staff circuit	Gym, City campus	Russell Graham
Tuesday	12.10-12.50pm	2 Mar - 23 Nov*	Student Yoga	W224, City campus	Ellie
Tuesday	12-1pm	23 Feb - 23 Nov*	Staff/Student Boxing	VE173, Woolston campus	Paul Fitzsimmons (Fitzy)
Wednesday	12-1pm	24 Feb - 24 Nov*	Staff/Student Boxing	W223, City campus	Paul Fitzsimmons (Fitzy)
Thursday	12-1pm	4 Feb - 16 Dec	Staff circuit	Gym, City campus	Jess/Gabriel
Thursday	12.10-12.50pm	4 Mar - 25 Nov*	Student Yoga	W224, City campus	Ellie
Thursday	4-5pm	25 Feb - 25 Nov	Staff/Student Zumba	W224, City campus	Mahla
Thursday	5.30-6.30pm	17 Jun - 25 Nov*	Student Circuit	Gym, City campus	Gabriel
Friday	12-1pm	26 Feb - 26 Nov*	Staff/Student Boxing	W223, City campus	Paul Fitzsimmons (Fitzy)

All classes are FREE.

*Note: NO classes during term holidays



Contact us to find out more:

 03 940 8051

 reccentre@ara.ac.nz