

LesMILLS

BGF

BAYS GROUP FITNESS

Summer Timetable



EARLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 AM	LES MILLS GRIT STRENGTH 30 6.15 – 6.45am (Hall)		BOOTCAMP CARDIO BOOT CAMP & BOXING 45 6.15 – 6.45am (Hall)	LES MILLS BODYPUMP 6.15 – 7.00am (Hall)	LES MILLS GRIT CARDIO 30 6.15 – 6.45am (Hall)	
8.00 AM						LES MILLS BODYPUMP 8.00 – 9.00am (Hall)
MID						
9.15 AM	LES MILLS tone 9.15 – 10.15am (Hall)	LES MILLS BODYPUMP 9.15 – 10.15am (Hall)	SILHOUETTE Pilates & Full Body Conditioning 9.15 – 10.15am (Church)	LES MILLS BODYPUMP 45 9.15 – 10.00am (Hall)	LES MILLS BODYBALANCE 9.15 – 10.15am (Church)	
10.15 AM				SENIOR SILHOUETTE (For over 50s age group only) 10.15 – 11.15am (Hall)		
LATE						
6.15 PM		LES MILLS tone 45 6.15 – 7.05pm (Eastern Bays Fitness)		CARDIO BLAST LES MILLS BODYCOMBAT tone 6.15 – 7.15pm (Hall)		
7.30 PM	LES MILLS BODYBALANCE 7.30 – 8.30pm (Church)		LES MILLS BODYBALANCE 7.30 – 8.30pm (Church)			

CONTACT
LISA MAHONE

Phone: 021 890 555

Email:

mrs1mmahone@hotmail.com

CLASS PRICES:

1x class \$25

10x concession pass \$195

10-week membership \$245

All memberships can be paid to:

Lisa Mahone

12 3073 0195 025 01

CRECHES FACILITIES

Childcare:

Baby sitting available for

*9.15am classes

\$5.00 per child

LOCATION

HALL

Tamaki Ex-Services

Association Hall.

17-19 Turua St, St Heliers 1071

CHURCH

Saint. Heliers Church &
Community Centre.

100 St. Heliers Bay Rd, St.
Heliers, Auckland 1071

EASTERN BAYS FITNESS
203 Kohimarama Road

***Follow us on Facebook for the latest updates and promo deals! THE NEW BAYS GROUP FITNESS**

Follow us on Instagram: BGF THENEWBAYSGROUPFITNESS