

**TIMETABLE UPDATED APRIL 29TH 2019**



# Whakatane GROUP FITNESS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri
6.30am					
12.15pm	<b>30 mins Pump</b>		<b>30 mins Circuit</b>		<b>30 mins Balance</b>
3.45pm					
4.15pm	<b>30 mins Balance</b>	<b>30 mins Pump</b>	<b>30 mins Circuit</b>	<b>30 mins Pump</b>	
4.50pm	<b>45 mins Pump</b>	<b>45 mins Circuit</b>	<b>45 mins Balance</b>	<b>45 mins Circuit</b>	

[staff.wellness@bopdhb.govt.nz](mailto:staff.wellness@bopdhb.govt.nz)