



Habit Vero **Group Training Timetable**

Please book sessions at reception. All classes are 45min unless otherwise stated

www.habit.co.nz
Habit Vero Centre, Lower Lobby
48 Shortland Street, Auckland
Phone 09 357 6301

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.30am		SPINNING		CIRCUIT TRAINING	
7.00am			YOGA 1hr		YOGA 1hr
12.00pm	YOGA 1hr		PILATES 1hr	PILATES 1hr	BOXING 1hr
1.10pm	SPINNING	PILATES 1hr (1.00pm)	BOXING	SPINNING	SPINNING
5.30pm	BOXING 1hr	CIRCUIT TRAINING	SPINNING		

