



Habit Majestic Group Training Timetable

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

www.habit.co.nz
 Habit Majestic Centre
 100 Willis St, Wellington
 Phone 04 499 9940

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00am	SPINNING	SWIM SQUAD	SPINNING	SWIM SQUAD	SPINNING
11.15am	CIRCUIT			CIRCUIT	
12.15pm	PILATES 1hr SWIM SQUAD	SPINNING	YOGA	SPINNING	SPINNING
1.15 - 2pm	STUDIO IN PRIVATE USE				
2.15pm					YOGA
5.30pm	SPINNING	BOX CIRCUIT	SPINNING 1hr	PILATES	
6.30pm	YOGA 1hr	SPINNING		BOX CIRCUIT	

	SATURDAY
8.15am	SPINNING
9.15am	SPINNING

