



Christmas/New Year Timetable 2023/2024



Empower Fitness Whanau

What another amazing year.

Thank you for continued support and for sharing your Health and Fitness experience with us. The entire Empower Fitness Team would like to wish you and your family a safe and Happy Christmas and New Year and look forward to seeing you in 2024.

Regards

Fiona, Graham and the Empower Fitness Team

Please NOTE:

- **Statutory Holidays:** the gym is open from 8.00am-11.00am. With RPM at 8.30am and Step/Pump Combo at 9.00am running on these days. **Creche is closed on Stat Days**
- **Big T Monday** takes a break. Last class is Monday the 20th of November and resumes on the 22nd of January.
- **BODYCOMBAT Wednesday and Saturday** takes a break. Last class is Saturday the 16th of December and resumes on Wednesday the 10th of January
- **Simon's Wednesday 9.30am Circuit** takes a break with the last class on the 13th of December - returning in the New Year (TTBC)
- **Pakeke Kahui** takes a break. Last class is Wednesday the 13th of December and returns Wednesday the 7th of February.
- **Creche timetable** is included. Please book using the Gym Master App and pay at reception if you are a casual user. Please note you can only bring children into the gym during our creche hours.

Have friends and family here for Christmas?

Our Family and Friends Special \$39 Week Pass is available for our members

Ask them to come in to see a membership consultant with your name and number to redeem this price and pass.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	18th Dec	19th Dec	20th Dec	21st Dec	22nd Dec	23rd Dec	24th Dec
Gym Hours	5.45am-8.00pm	5.45am-8.00pm	5.15am - 8.00pm	5.45am-8.00pm	5.45am-7.00pm	7.00am-12.00pm	8.15am-11.15am
5.30am			SPRINT				
6.00am	RPM	RPM	CIRCUIT Core Express	RPM	RPM		
6.00am	BOXFIT Core Express	BOXFIT Core Express		BOXFIT Core Express	HITFIT Core Express		
7.00am			YOGA	YOGA			
7.30am						BOXFIT	
8.15am			PILATES				
8.30am						RPM	SPRINT
9.00am	YOGA		RPM		YOGA	PARTY CLASS	BODYPUMP
9.15am	RPM	BODYPUMP		VITAFIT	RPM		
9.15am	HITFIT Core Express	SPRINT					
9.45am		BOXFIT					
10.00am						BODYBALANCE	YOGA
10.15am					Core Express		
4.45pm	CBX			PILATES			
5.30pm	BODYPUMP	CBX	BODYSTEP	BODYPUMP			
5.30pm	BOXFIT Core Express		HITFIT		SPRINT		
5.45pm	RPM	RPM	RPM	RPM			
6.30pm		BODYBALANCE		BODYBALANCE			
Gym Hours	5.45am-8.00pm	5.45am-8.00pm	5.15am - 8.00pm	5.45am-8.00pm	5.45am-7.00pm	7.00am-12.00pm	8.15am-11.15am

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	25th Dec	26th Dec	27th Dec Kate Shouka/Eddie	28th Dec Jack/Matt Jack/Shouka	29th Dec Jack Shouka	30th Dec Jack/Shouka	31st Dec Eddie
Gym Hours	Closed 24 Hour Access	8.00am- 11.00am	5.15am-8.00pm	5.45am- 8.00pm	5.45am- 7.00pm	7.00am- 12.00pm	8.15am- 11.15am
5.30am			SPRINT				
6.00am			CIRCUIT Core Express	RPM	RPM		
6.00am				BOXFIT Core Express	HITFIT Core Express		
7.00am			YOGA	YOGA			
7.15am							
7.30am						BOXFIT	
8.00am							
8.15am			PILATES				
8.30am		RPM Graham				RPM	SPRINT
9.00am		Pump/Step Combo Fi	RPM		YOGA	PARTY CLASS	BODYPUMP
9.15am				VITAFIT	RPM		
9.30am							
10.00am						BODYBALANCE	
10.15am					Core Express		YOGA
4.45pm				PILATES			
5.30pm			BODYSTEP	BODYPUMP			
5.30pm			HITFIT		SPRINT		
5.45pm			RPM	RPM			
6.30pm				BODYBALANCE			
Gym Hours	Closed 24 Hour Access	8.00am- 11.00am	5.15am-8.00pm	5.45am- 8.00pm	5.45am- 7.00pm	7.00am- 12.00pm	8.15am- 11.15am

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	1st Jan	2nd Jan	3rd Jan	4th Jan	5th Jan	6th Jan	7th Jan
Gym Hours	Closed 24 Hour Access	8.00am- 11.00am	5.15am-8.00pm	5.45am- 8.00pm	5.45am- 7.00pm	7.00am- 12.00pm	8.15am- 11.15am
5.30am			SPRINT				
6.00am			CIRCUIT Core Express	RPM	RPM		
6.00am				BOXFIT Core Express	HITFIT Core Express		
7.00am			YOGA	YOGA			
7.15am							
7.30am						BOXFIT	
8.00am							
8.15am			PILATES				
8.30am		RPM Graham				RPM	SPRINT
9.00am		Pump/Step Combo Fi	RPM		YOGA	BODYSTEP	BODYPUMP
9.15am				VITAFIT	RPM		
9.15am							
9.30am							
10.00am						BODYBALANCE	YOGA
10.15am					Core Express		
4.45pm				PILATES			
5.30pm			BODYSTEP	BODYPUMP			
5.30pm			HITFIT		SPRINT		
5.45pm			RPM	RPM			
6.30pm				BODYBALANCE			
Gym Hours	Closed 24 Hour Access	8.00am- 11.00am	5.15am-8.00pm	5.45am- 8.00pm	5.45am- 7.00pm	8.00am- 12.00pm	8.15am- 11.15am

Creche Holiday Hours

Monday 18th Dec	Tuesday 19th Dec	Wednesday 20th Dec	Thursday 21st Dec	Friday 22nd Dec	Saturday 23rd Dec
9.00am-10.30am Chloe	9.00am-10.30am Chloe	9.00am-10.30am Chloe	9.00am-10.30am Chloe	9.00am-10.30am Chloe	8.00am-10.00am Chloe
4.30pm-6.30pm Kayla	4.30pm-6.30pm Kayla	4.30pm-6.30pm Kayla	4.30pm-6.30pm Kayla	Creche Closed	Creche Closed
Monday 25th Dec	Tuesday 26th Dec	Wednesday 27th Dec	Thursday 28th Dec	Friday 29th Dec	Saturday 30th Dec
Creche Closed	Creche Closed	9.00am-10.30am Kayla	9.00am-10.30am Kayla	9.00am-10.30am Chloe	8.00am-10.00am Chloe
Creche Closed	Creche Closed	4.30pm-6.30pm Kayla	4.30pm-6.30pm Kayla	Creche Closed	Creche Closed
Monday 1st Jan	Tuesday 2nd Jan	Wednesday 3rd Jan	Thursday 4th Jan	Friday 5th Jan	Saturday 6th Jan
Creche Closed	Creche Closed	9.00am-10.30am Chloe	9.00am-10.30am Chloe	9.00am-10.30am Chloe	8.00am-10.00am Kayla
Creche Closed	Creche Closed	4.30pm-6.30pm Kayla	4.30pm-6.30pm Kayla	Creche Closed	Creche Closed