



Habit Vero Group Training Timetable 2011

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		S SPINNING at habit			
7.00am			Y YOGA at habit 1hr	CT H.I.T at habit	Y YOGA at habit 1hr
12.00pm	Y YOGA at habit 1hr	CT H.I.T at habit	PL PILATES at habit 1hr	P POWER at habit	BC BOX CIRCUIT at habit
1.05pm	S SPINNING at habit	PL PILATES at habit 1hr	BC BOX CIRCUIT at habit	S SPINNING at habit	S SPINNING at habit
5.00pm		P POWER at habit	CT H.I.T at habit		
5.45pm	BC BOX CIRCUIT at habit	Z ZUMBA at habit	S SPINNING at habit	PL PILATES at habit 1hr	

