

EASTER

GROUP FITNESS CLASS TIMETABLE

GOOD FRIDAY 18 APRIL	
9.15am	Bodypump (45 mins)
9.15am	RPM (45 mins)
10.15am	Shapes
11.15am	Yoga Stretch (60 mins)
12.30pm	Strength Development
SATURDAY 19 APRIL (NORMAL TIMETABLE)	
EASTER SUNDAY 20 APRIL (NORMAL TIMETABLE)	
EASTER MONDAY 21 APRIL	
9.05am	RPM
9.05am	Dynamic Yoga (45 mins)
10.00am	Bodypump (30 mins)
10.35am	Core (30 mins)
11.15am	Alpine Stretch

OPENING HOURS

ALL EASTER WEEKEND

8.00AM – 8.00PM

Alpine Health & Fitness

QUEENSTOWN LAKES DISTRICT COUNCIL