

## Timetable – Kapiti Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	CrossFit 5:30 am - 6:30 am	CrossFit 5:30 am - 6:30 am	CrossFit 5:30 am - 6:30 am	CrossFit 5:30 am - 6:30 am	CrossFit 5:30 am - 6:30 am		
6:00 am							
9:00 am	CrossFit 9:15 am - 10:15 am		CrossFit 9:15 am - 10:15 am				Kiwi Barbell 9 am – 10 am
10:00 am					CrossFit 10 am - 11 am		
5:00 pm	CrossFit 5:30 pm - 6:30 pm	CrossFit 5:30 pm - 6:30 pm	CrossFit 5:30 pm - 6:30 pm	CrossFit 5:30 pm - 6:30 pm	CrossFit 5:30 pm - 6:30 pm		
6:00 pm		Kiwi Barbell 6:30 pm – 7:30 pm		Kiwi Barbell 6:30 pm – 7:30 pm			
7:00 pm		Kiwi HIIT 6:45 pm – 7:30 pm		Kiwi HIIT 6:45 pm – 7:30 pm			

Members book into classes via Influx App.

**Address:**

10 Manchester Street, Paraparaumu 5032