



BIRKENHEAD SUMMER GROUPX CLASS SCHEDULE

2018
2019

17th December - 13th January

Monday 17th December

6:00 AM Xride Nikki
9.30am Step Grant
10.30am Pilates Anna
5.30pm Vinyasa Yoga Juanita
6:00 PM Xride Adrian
6.30pm Flex Grant

Tuesday 18th December

6:00 AM Xcore45 Anna
9.30am Xride Adrian
6:00 PM Xtreme30 Nikki
6.30pm Zumba Lleu

Wednesday 19th December

6:00 AM Xride Anna
9.30am StepX John
10.30am Xcore John
5.30pm Flex Tina
6.30pm Pilates Lauren

Thursday 20th December

6:00 AM Flex Nikki
9.30am Flex Tina
5.30pm StepX John
6.30pm Xcore John

Friday 21st December

6:00 AM Xride Anna
9.30am Vinyasa Yoga Tania
6:00 PM Yoga Lauren

Saturday 22nd December

8.30am StepX Grant
9.30am Xcore Anna

Sunday 23rd December

9.30am Yoga Danny
10:00 AM Xride Margaret

Monday 24th December

NO CLASSES

Tuesday 25th December

NO CLASSES

Wednesday 26th December

NO CLASSES

Thursday 27th December

9.30am StepX John

Friday 28th December

9.30am Vinyasa Yoga Juanita

Saturday 29th December

9.30am Flex Anna

Sunday 30th December

9.30am Xride Margaret

Monday 31st December

NO CLASSES

Tuesday 1st January

NO CLASSES

Wednesday 2nd January

NO CLASSES

Thursday 3rd January

9.30am StepX John

Friday 4th January

9.30am Vinyasa Yoga Tania

Saturday 5th January

9.30am Xride Margaret

Sunday 6th January

9.30am Yoga Danny

Monday 7th January

9.30am Pilates Anna

Tuesday 8th January

6:00 PM Flex Nikki

Wednesday 9th January

9.30am Xcore John

Thursday 10th January

6:00 PM StepX John

Friday 11th January

9.30am Vinyasa Yoga Tania

Saturday 12th January

8.30am StepX Grant
9.30am Xcore Anna

Sunday 13th January

9.30am Yoga Danny
10:00 AM Xride Margaret

BIRKENHEAD 14th January - 10th February

Monday 14th January

6:00 AM	Xride	Nikki
9.30am	StepX	Grant
10.30am	Pilates	Anna
5.30pm	Vinyasa Yoga	Juanita
6:00 PM	Xride	Adrian
6.30pm	Flex	Grant

Tuesday 15th January

6:00 AM	Xcore45	Anna
9.30am	Xride	Adrian
6:00 PM	Xtreme30	Nikki
6.30pm	Zumba	Lleu

Wednesday 16th January

6:00 AM	Xride	Anna
9.30am	StepX	John
10.30am	Xcore	John
5.30pm	Flex	Tina
6.30pm	Pilates	Lauren

Thursday 17th January

6:00 AM	Flex	Nikki
9.30am	Flex	Tina
5.30pm	StepX	John
6.30pm	Xcore	John
7.30pm	Dance-Fit	Lleu

Friday 18th January

6:00 AM	Xride	Anna
9.30am	Vinyasa Yoga	Tania
6:00 PM	Yoga	Lauren

Saturday 19th January

8.30am	StepX	Grant
9.30am	Xcore	Anna
10.30am	Zumba	Lleu

Sunday 20th January

9.30am	Yoga	Danny
10:00 AM	Xride	Margaret

Monday 21st January

6:00 AM	Xride	Anna
9.30am	StepX	Grant
10.30am	Pilates	Anna
5.30pm	Vinyasa Yoga	Lauren
6:00 PM	Xride	Adrian
6.30pm	Flex	Grant

Tuesday 22nd January

9.30am	Xride	Adrian
6:00 PM	Xtreme30	Warwick
6.30pm	Zumba	Lleu

Wednesday 23rd January

6:00 AM	Xride	Adrian
9.30am	StepX	John
10.30am	Xcore	John
5.30pm	Flex	Tina
6.30pm	Pilates	Lauren

Thursday 24th January

9.30am	Flex	Tina
5.30pm	StepX	John
6.30pm	Xcore	John
7.30pm	Dance-Fit	Lleu

Friday 25th January

6:00 AM	Xride	Adrian
9.30am	Vinyasa Yoga	Tania
6:00 PM	Yoga	Lauren

Saturday 26th January

8.30am	StepX	Grant
9.30am	Xcore	Sharon
10.30am	Zumba	Lleu

Sunday 27th January

9.30am	Yoga	Danny
10:00 AM	Xride	Margaret

Monday 28th January

NO CLASSES

Tuesday 29th January

6:00 AM	Xcore45	Anna
9.30am	Xride	Adrian
6:00 PM	Xtreme30	Nikki
6.30pm	Zumba	Lleu

Wednesday 30th January

6:00 AM	Xride	Anna
9.30am	StepX	John
10.30am	Xcore	John
5.30pm	Flex	Tina
6.30pm	Pilates	Lauren

Thursday 31st January

6:00 AM	Flex	Nikki
9.30am	Flex	Tina
5.30pm	StepX	John
6.30pm	Xcore	John
7.30pm	Dance-Fit	Lleu

Friday 1st February

6:00 AM	Xride	Anna
9.30am	Vinyasa Yoga	Tania
6:00 PM	Yoga	Lauren

Saturday 2nd February

8.30am	StepX	Grant
9.30am	Xcore	Anna
10.30am	Zumba	Lleu

Sunday 3rd February

9.30am	Yoga	Danny
10:00 AM	Xride	Margaret

Monday 4th February

6:00 AM	Xride	Nikki
9.30am	StepX	Grant
10.30am	Pilates	Anna
5.30pm	Vinyasa Yoga	Nadine
6:00 PM	Xride	Adrian
6.30pm	Flex	Grant

Tuesday 5th February

6:00 AM	Xcore45	Anna
9.30am	Xride	Adrian
6:00 PM	Xtreme30	Nikki
6.30pm	Zumba	Lleu

Wednesday 6th February

NO CLASSES

Thursday 7th February

6:00 AM	Flex	Nikki
9.30am	Flex	Tina
5.30pm	StepX	John
6.30pm	Xcore	John
7.30pm	Dance-Fit	Lleu

Friday 8th February

6:00 AM	Xride	Anna
9.30am	Vinyasa Yoga	Tania
6:00 PM	Yoga	Lauren

Saturday 9th February

8.30am	StepX	Grant
9.30am	Xcore	Anna
10.30am	Zumba	Lleu

Sunday 10th February

9.30am	Yoga	Danny
10:00 AM	Xride	Margaret