



# COAST SUMMER GROUPIX CLASS SCHEDULE

17th December - 13th January

2018  
2019

**Monday 17th December**

9.30am Xcore John  
10.30am Pilates John  
6.30pm Barre' Jo

**Tuesday 18th December**

9.30am Yoga Carolyn  
5.30pm StepX John  
6.30pm Xcore John

**Wednesday 19th December**

9.30am Flex Tina  
10.30am Xtreme 30 Tina  
5.30pm Xride Jo  
6.30pm Yoga Carolyn

**Thursday 20th December**

9.30am Pilates Jo  
6:00 PM Xride Adrian

**Friday 21st December**

9.30am Xcore Jo

**Saturday 22nd December**

8.30am Barre' Jo

**Sunday 23rd December**

9.30am Zumba Gisela

**Monday 24th Dec**

NO CLASSES

**Tuesday 25th Dec**

NO CLASSES

**Wednesday 26th Dec**

NO CLASSES

**Thursday 27th Dec**

NO CLASSES

**Friday 28th Dec**

NO CLASSES

**Saturday 29th Dec**

NO CLASSES

**Sunday 30th Dec**

NO CLASSES

**Monday 24th Dec**

NO CLASSES

**Tuesday 25th Dec**

NO CLASSES

**Wednesday 26th Dec**

NO CLASSES

**Thursday 3rd January**

9.30am Pilates Carolyn

**Friday 4th January**

9.30am Flex Tina

**Saturday 5th January**

9.30am Yoga Carolyn

**Sunday 6th January**

9.30am Zumba Gisela

**Monday 7th January**

9.30am Pilates John

**Tuesday 8th January**

6:00 PM StepX John

**Wednesday 9th January**

9.30am Flex Tina

**Thursday 10th January**

6:00 PM Xride Adrian

**Friday 11th January**

9.30am Xcore Jo

**Saturday 12th January**

9.30am Yoga Carolyn

**Sunday 13th January**

9.30am Zumba Gisela

## COAST 14th January - 10th February

### Monday 14th January

9.30am Xcore John  
6:00 PM Pilates Carolyn

### Tuesday 15th January

9.30am Yoga Carolyn  
6:00 PM StepX John

### Wednesday 16th January

9.30am Flex Tina  
6:00 PM Yoga Carolyn

### Thursday 17th January

9.30am Pilates Jo  
6:00 PM Xride Adrian

### Friday 18th January

9.30am Xcore Jo

### Saturday 19th January

8.30am Barre' Renee

### Sunday 20th January

9.30am Zumba Gisela

### Monday 21st January

9.30am Xcore John  
10.30am Pilates John  
5.30pm Pilates Carolyn  
6.30pm Barre' Renee'

### Tuesday 22nd January

9.30am Yoga Carolyn  
5.30pm StepX John  
6.30pm Xcore John

### Wednesday 23rd January

9.30am Flex Tina  
10.30am Xtreme30 Tina  
5.30pm Xride Jo  
6.30pm Yoga Carolyn

### Thursday 24th January

9.30am Pilates Jo  
6:00 PM Xride Adrian

### Friday 25th January

9.30am Xcore Jo

### Saturday 26th January

8.30am Barre' Renee'

### Sunday 27th January

9.30am Zumba Gisela

### Monday 28th January

NO CLASSES

### Tuesday 29th January

9.30am Yoga Jo  
5.30pm StepX John  
6.30pm Xcore John

### Wednesday 30th January

9.30am Flex Tina  
10.30am Xtreme30 Tina  
5.30pm Xride Jo  
6.30pm Yoga Jo

### Thursday 31st January

9.30am Pilates Jo  
6:00 PM Xride Adrian

### Friday 1st February

9.30am Xcore Jo

### Saturday 2nd February

8.30am Barre' Renee'

### Sunday 3rd February

9.30am Zumba Gisela

### Monday 4th February

9.30am Xcore John  
10.30am Pilates John  
5.30pm Pilates Jo  
6.30pm Barre' Renee'

### Tuesday 5th February

9.30am Yoga Jo  
5.30pm StepX John  
6.30pm Xride John

### Wednesday 6th February

NO CLASSES

### Thursday 7th February

9.30am Pilates Jo  
6:00 PM Xride Adrian

### Friday 8th February

9.30am Xcore Jo

### Saturday 9th February

8.30am Barre' Renee'

### Sunday 10th February

9.30am Zumba Gisela