

# **BIRKENHEAD SUMMER GROUPX CLASS SCHEDULE**

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# 17th December - 13th January

<u>Monday 17th December</u>										
	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 1	nday 14th January Monday 21st January			Monday 28th January			Monday 4th February					
6:00 AM	Xride	Nikki	6:00 AM	Xride	Anna	NO CLASS	•		6:00 AM	Xride	Nikki	
9.30am	StepX	Grant	9.30am	StepX	Grant				9.30am	StepX	Grant	
10.30am	Pilates	Anna	10.30am	Pilates	Anna	Tuesday 2	29th January		10.30am	Pilates	Anna	
5.30pm	Vinyasa Yoga	Juanita	5.30pm	Vinyasa Yoga	Juanita	6:00 AM	Xcore45	Anna	5.30pm	Vinyasa Yoga	Nadine	
6:00 PM	Xride	Adrian	6:00 PM	Xride	Adrian	9.30am	Xride	Adrian	6:00 PM	Xride	Adrian	
6.30pm	Flex	Grant	6.30pm	Flex	Grant	6:00 PM	Xtreme30	Nikki	6.30pm	Flex	Grant	
						6.30pm	Zumba	Lleu				
Tuesday 1	15th January		Tuesday 22nd January						Tuesday 5th February			
6:00 AM	Xcore45	Anna	9.30am	Xride	Adrian	<u>Wednesda</u>	ay 30th January		6:00 AM	Xcore45	Anna	
9.30am	Xride	Adrian	6:00 PM	Xtreme30	Warwick	6:00 AM	Xride	Anna	9.30am	Xride	Adrian	
6:00 PM	Xtreme30	Nikki	6.30pm	Zumba	Lleu	9.30am	StepX	John	6:00 PM	Xtreme30	Nikki	
6.30pm	Zumba	Lleu				10.30am	Xcore	John	6.30pm	Zumba	Lleu	
			<u>Wednesda</u>	ay 23rd January		5.30pm	Flex	Tina				
Wednesda	ay 16th January		6:00 AM	Xride	Adrian	6.30pm	Pilates	Lauren	<u>Wednesda</u>	ay 6th February		
6:00 AM	Xride	Anna	9.30am	StepX	John				NO CLASS	SES		
9.30am	StepX	John	10.30am	Xcore	John	<b>Thursday</b>	31st January					
10.30am	Xcore	John	5.30pm	Flex	Tina	6:00 AM	Flex	Nikki	<b>Thursday</b>	7th February		
5.30pm	Flex	Tina	6.30pm	Pilates	Lauren	9.30am	Flex	Tina	6:00 AM	Flex	Nikki	
6.30pm	Pilates	Lauren				5.30pm	StepX	John	9.30am	Flex	Tina	
			<b>Thursday</b>	24th January		6.30pm	Xcore	John	5.30pm	StepX	John	
<b>Thursday</b>	17th January		9.30am	Flex	Tina	7.30pm	Dance-Fit	Lleu	6.30pm	Xcore	John	
6:00 AM	Flex	Nikki	5.30pm	StepX	John				7.30pm	Dance-Fit	Lleu	
9.30am	Flex	Tina	6.30pm	Xcore	John	Friday 1st	: February					
5.30pm	StepX	John	7.30pm	Dance-Fit	Lleu	6:00 AM	Xride	Anna	Friday 8th	<u>February</u>		
6.30pm	Xcore	John				9.30am	Vinyasa Yoga	Tania	6:00 AM	Xride	Anna	
7.30pm	Dance-Fit	Lleu	Friday 25t	<u>h January</u>		6:00 PM	Yoga	Lauren	9.30am	Vinyasa Yoga	Tania	
			6:00 AM	Xride	Adrian				6:00 PM	Yoga	Lauren	
Friday 18th January			9.30am	Vinyasa Yoga	Tania	Saturday 2nd February						
6:00 AM	Xride	Anna	6:00 PM	Yoga	Lauren	8.30am	StepX	Grant	Saturday 9	9th February		
9.30am	Vinyasa Yoga	Tania				9.30am	Xcore	Anna	8.30am	StepX	Grant	
6:00 PM	Yoga	Lauren	Saturday 2	26th January		10.30am	Zumba	Lleu	9.30am	Xcore	Anna	
			8.30am	StepX	Grant				10.30am	Zumba	Lleu	
Saturday	19th January		9.30am	Xcore	Sharon	Sunday 3	rd February					
8.30am	StepX	Grant	10.30am	Zumba	Lleu	9.30am	Yoga	Danny	Sunday 10	Oth February		
9.30am	Xcore	Anna				10:00 AM	Xride	Margaret	9.30am	Yoga	Danny	
10.30am	Zumba	Lleu	Sunday 27	7th January					10:00 AM	Xride	Margaret	
			9.30am	Yoga	Danny							
Sunday 20	<u> 0th January</u>		10:00 AM	Xride	Margaret							
9.30am	Yoga	Danny										
10:00 AM	Xride	Margaret										