



COAST SUMMER GROUPIX CLASS SCHEDULE

2018
2019

17th December - 13th January

Monday 17th December

9.30am Xcore John
10.30am Pilates John
5.30pm Pilates Carolyn
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 31st December

NO CLASSES

Tuesday 1st January

NO CLASSES

Wednesday 2nd January

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