

BIRKENHEAD GX

Monday		
Time	Class	Instructor
6:00AM	XRIDE45	Nikki
9:30AM	XCORE	Anna
10.30AM	PILATES	Anna
5.30PM	Vinyasa Flow Yoga	Catherine
6:00PM	XRIDE	Adrian

Tuesday		
Time	Class	Instructor
6.00AM	XCORE45	Anna
9:30AM	XRIDE	Adrian
6:00PM	XTREME 30	Nikki

6PM Gym Orientation Warwick
6.30PM ZUMBA Yumi

Wednesday		
Time	Class	Instructor
6:00AM	XRIDE45	Anna
9:30AM	STEPX	John
10.30AM	XCORE	John
5:30PM	FLEX	Tina
6.30PM	PILATES	Anna

Thursday		
Time	Class	Instructor
6:00AM	FLEX	Nikki
9.30AM	FLEX	Tina
10.00AM	Gym Orientation	Warwick
5:30PM	STEPX	John
6.30PM	XCORE	John

Friday		
Time	Class	Instructor
6AM	XRIDE45	Anna
9:30AM	Vinyasa Flow Yoga	Catherine

Saturday		
Time	Class	Instructor
8.30AM	STEPX	Sharon
9.30AM	XCORE	Anna
10.30AM	ZUMBA	Charlie

Sunday		
Time	Class	Instructor
9:30AM	Vinyasa Flow Yoga	Danny
10:00AM	XRIDE	Margaret

* = Extra Cost

Effective June 15th 2020

Subject to change depending on instructor's availability

Hours: Mon-Thurs 5:00am - 9:00pm, Fri 5:00am - 8:00pm, Sat and Sun 7:00am - 6:00pm

KIDS CLUB Monday to Friday 9am-10.45am

Birkenhead 414 3972 Coast 09 8692596

Te Atatu 4143976

www.clubphysical.co.nz