

# Coast GX

## Group X

Monday		
Time	Class	Instructor
9:30AM	XCORE circuit	Jo
6PM	PILATES	Jo

Thursday		
Time	Class	Instructor
9.30AM	PILATES	Jo
6PM	XRIDE	Adrian

Tuesday		
Time	Class	Instructor
9.30AM	YOGA	Catherine
6PM	STEPX	John
6PM	Gym Orientation	Kyla
7PM	HIIT *	Kyla

Friday		
Time	Class	Instructor
9:30AM	XCORE circuit	Jo

Wednesday		
Time	Class	Instructor
9.30AM	FLEX	Tina
10AM	Gym Orientation	Kyla
10.30AM	Xtreme30	Tina
6PM	YOGA	Catherine

Saturday		
Time	Class	Instructor
8:30AM	BARRE'	Renee

Sunday		
Time	Class	Instructor
9AM	YOGA	Catherine

This timetable is reviewed monthly

\* = Extra Cost



Effective July 16 2020

Subject to change depending on instructor's availability

Mon-Thurs 5.30am-8.30pm, Friday 8am close, Sat and Sun 8am-4pm

KIDZ CLUB 9am - 10.45am Monday to Friday

Birkenhead 414 3972

Te Atatu 414 3976 Coast 869 2596

[www.clubphysical.co.nz](http://www.clubphysical.co.nz)