

# Te Atatu

## Group X

Monday		
Time	Class	Instructor
9:30AM	FLEX	Tina
10.35AM	XTREME 30	Tina
5PM	GYM Orientation	Brahm
5:45PM	STEPX	Sharon
6:00PM	XRIDE	Nora
6.30PM	X45 Cardio*	Daniel

Tuesday		
Time	Class	Instructor
6AM	X45 Strength*	Kevin
9:30AM	XRIDE30	Nora
10.35AM	XCORE	Sharon
6PM	XRIDE	Hope
6.15PM	ZUMBA	Charlie

Wednesday		
Time	Class	Instructor
9:30AM	PILATES	Nora
10.35AM	FLEX	Anna
6PM	XRIDE 30	Hope
6.15PM	PILATES	Nora
6.30PM	X45 Strength*	Kevin

Thursday		
Time	Class	Instructor
6AM	X45 Cardio*	Kevin
9.30AM	XCORE	Sharon
10.35AM	X45 Cardio*	Brahm
5.15PM	Gym Orientation	Brahm
5.45PM	FLEX	Tina
6PM	XRIDE	Terry

Friday		
Time	Class	Instructor
9:30AM	STEPX	Sharon
10.35AM	Vinyasa Flow Yoga	Misato

Saturday		
Time	Class	Instructor
8:30AM	XRIDE	Hope
9.30AM	FLEX	Tina
9.30AM	GYM orientation	Daniel
10.30AM	BARRE'45	Renee

Sunday		
Time	Class	Instructor
8.30AM	X45 Strength*	Daniel
9.30AM	Vinyasa Flow Yoga	Misato
9.30AM	GYM Orientation	Daniel

\* X45 ....sessions \$10



Effective June 15th 2020

Subject to change depending on instructor's availability

Monday to Thursday 5am to 10pm. Friday 5am to 9pm, Sat and Sun 8am to 6pm

Kids Club Hours Monday-Friday 9am-12noon, Saturday 8.15am-11.15am

Birkenhead 414 3972

Te Atatu 414 3976 Coast 869 2596

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