

BIRKENHEAD GX

Monday		
Time	Class	Presenter
6:00am	X-RIDE 45	Nikki
9:30am	X-CORE	Anna
10:30am	PILATES	Anna
5:30pm	PILATES	John
6:00pm	X-RIDE	Adrian
6:30pm	STEP-X	John

Thursday		
Time	Class	Presenter
6:00am	FLEX	Nikki
9:30am	FLEX	Tina
10:00am	GYM ORIENTATION	Warwick
5:30pm	STEP-X	John
6:30pm	X-CORE	John

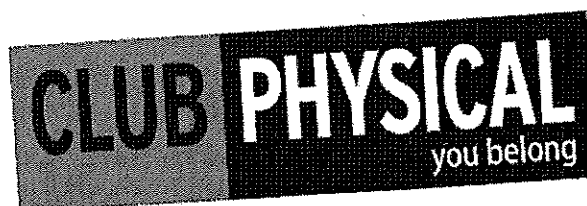
Tuesday		
Time	Class	Presenter
6:00am	X-CORE 45	Anna
9:30am	X-RIDE	Adrian
6:00pm	XTREME 30	Nikki
6:00pm	GYM ORIENTATION	Warwick
6:30pm	ZUMBA	Yumi

Friday		
Time	Class	Presenter
6:00am	X-RIDE 45	Anna
9:30am	VINYASA FLOW YOGA	Summer
6:00pm	VINYASA FLOW YOGA	Ines

Wednesday		
Time	Class	Presenter
6:00am	X-RIDE 45	Anna
9:30am	STEP-X	John
10:30am	X-CORE	John
5:30pm	FLEX	Tina
6:30pm	PILATES	Anna

Saturday		
Time	Class	Presenter
8:30am	STEP-X	Sharon
9:30am	X-CORE	Anna
10:30am	ZUMBA	Charlie

Sunday		
Time	Class	Presenter
9:30am	VINYASA FLOW YOGA	Danny
10:00am	X-RIDE	Margaret



Effective Monday 21st September 2020

Subject to change depending on presenter's availability

Monday to Thursday 5:00am to 9:00pm, Friday 5:00am to 8:00pm, Sat and Sun 7:00am to 6:00pm

KIDS CLUB Monday to Friday 9:00am to 10:45am

Birkenhead 414 3972

Te Atatu 414 3976 Coast 869 2596

www.clubphysical.co.nz