

# COAST GX

Monday		
Time	Class	Presenter
9:30am	X-Circuit	Jo
6:00pm	PILATES	Jo

Thursday		
Time	Class	Presenter
9:30am	PILATES	Jo
6:00pm	X-RIDE	Adrian

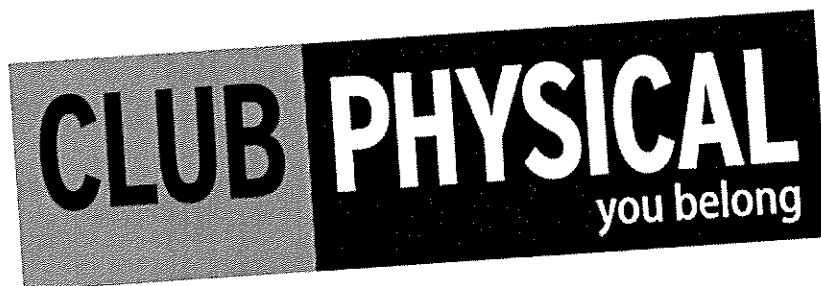
Tuesday		
Time	Class	Presenter
9:30am	YOGA	Catherine
6:00pm	X-CIRCUIT	Jo

Friday		
Time	Class	Presenter
9:30am	X-RIDE	Jo

Wednesday		
Time	Class	Presenter
9:30am	FLEX	Tina
10:30am	XTREME30	Tina
6:00pm	YOGA	Catherine

Saturday		
Time	Class	Presenter
8:30am	BARRE	Renee

Sunday		
Time	Class	Presenter
9:00am	YOGA	Summer



Effective Monday 31<sup>st</sup> August 2020

Subject to change depending on presenter's availability

Monday to Thursday 5:30am to 8:30pm, Friday 5.30am to 8:30pm, Sat and Sun 8:00am to 4:00pm

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

Birkenhead 414 3972

Te Atatu 414 3976 Coast 869 2596

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