

BIRKENHEAD GX

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

Tuesday		
Time	Class	Presenter
6:00am	X-CORE 45	Anna
6:00am	BOOTIE THERAPY*	Billie
9:30am	X-RIDE	Adrian
9:30am	POWERLINES*	Billie
6:00pm	XTREME 30	Nikki
6:00pm	GYM ORIENTATION	Warwick
6:00pm	THUMP BOXING*	Billie
6:30pm	ZUMBA	Yumi

Wednesday		
Time	Class	Presenter
6:00am	X-RIDE 45	Anna
6:00am	POWERLINES*	Billie
9:30am	STEP-X	John
9:30am	BOOTIE THERAPY*	Billie
10:30am	X-CORE	John
5:30pm	FLEX	Tina
6:30pm	PILATES	Anna
6:30pm	H.I.T.*	Billie

Thursday		
Time	Class	Presenter
6:00am	FLEX	Nikki
6:00am	TRIGGER POINT*	Billie
9:30am	FLEX	Tina
9:15am	GYM ORIENTATION	Warwick
9:30am	THUMP BOXING*	Billie
5:30pm	STEP-X	John
5:30pm	BARBELL CLUB*	Billie
6:30pm	X-CORE	John
6:30pm	POWERLINES*	Billie

Friday		
Time	Class	Presenter
6:00am	X-RIDE 45	Anna
6:00am	THUMP BOXING*	Billie
9:30am	VINYASA FLOW YOGA	Summer
9:30am	H.I.T.*	Billie
6:00pm	VINYASA FLOW YOGA	Ines

Saturday		
Time	Class	Presenter
8:30am	STEP-X	Sharon
9:30am	X-CORE	Anna
9:30am	H.I.T.+ *	Billie
10:30am	BARBELL CLUB*	Billie

Sunday		
Time	Class	Presenter
8:30am	ZUMBA	Charlie
9:30am	VINYASA FLOW YOGA	Danny
10:00am	X-RIDE	Margaret

* = Billie's classes are extra cost



Effective Monday 2nd November 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