

COAST GX

Monday		
Time	Class	Presenter
9:30am	X-CIRCUIT	Jo
5.30pm	Gym Orientation	Claudia
6:00pm	PILATES	Jo

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

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

Thursday		
Time	Class	Presenter
9:30am	PILATES	Jo
10:00am	Gym Orientation	Claudia
6:00pm	X-RIDE	Adrian

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

Saturday		
Time	Class	Presenter
8:30am	BARRE	Renee

Sunday		
Time	Class	Presenter
9:00am	YOGA	Summer



Effective Monday 2nd November 2020
 Subject to change depending on instructor's availability
 Monday to Thursday 5:30am to 8:30pm, Friday 5.30am to 8:00pm, 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