

## CLUB PHYSICAL BIRKENHEAD GROUPX SUMMER TIMETABLE

Monday 21 <sup>st</sup> December	Tuesday 22 <sup>nd</sup> December	Wednesday 23 <sup>rd</sup> December	Thursday 24 <sup>th</sup> December – Saturday 26 <sup>th</sup> December		Sunday 27 <sup>th</sup> December	
<b>6.00AM</b> X-Ride 45 – Nikki <b>9.30AM</b> Xcore – Anna <b>10.30AM</b> Pilates – Anna  <b>5.30PM</b> Pilates – John <b>6.00PM</b> X-Ride – Adrian <b>6.30PM</b> StepX - John	<b>6.00AM</b> XCore 45 – Anna <b>9.30AM</b> X-Ride – Adrian  <b>6.00PM</b> Xtreme 30 – Nikki <b>6.30PM</b> Zumba - Yumi	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> StepX – John <b>10.30AM</b> Xcore – John  <b>5.30PM</b> Flex – Tina <b>6.30PM</b> Pilates – Anna	NO CLASSES		<b>9.30AM</b> StepX – John	
Monday 28 <sup>th</sup> December	Tuesday 29 <sup>th</sup> December	Wednesday 30 <sup>th</sup> December	Thursday 31 <sup>st</sup> December	Friday 1 <sup>st</sup> January	Saturday 2 <sup>nd</sup> January	Sunday 3 <sup>rd</sup> January
NO CLASSES	<b>9.30AM</b> X-Ride – Adrian	<b>9.30AM</b> Pilates – John	<b>9.30AM</b> Flex – Tina	NO CLASSES	NO CLASSES	<b>9.30AM</b> StepX – John

<b>Monday 4<sup>th</sup> January</b>	<b>Tuesday 5<sup>th</sup> January</b>	<b>Wednesday 6<sup>th</sup> January</b>	<b>Thursday 7<sup>th</sup> January</b>	<b>Friday 8<sup>th</sup> January</b>	<b>Saturday 9<sup>th</sup> January</b>	<b>Sunday 10<sup>th</sup> January</b>
<b>NO CLASSES</b>	<b>9.30AM</b> X-Ride - Adrian	<b>5.30PM</b> Xcore – John	<b>9.30AM</b> Flex – Tina	<b>9.30AM</b> StepX – John	<b>9.30AM</b> Pilates – Anna	<b>9.30AM</b> X-Ride – Margaret
<b>Monday 11<sup>th</sup> January</b>	<b>Tuesday 12<sup>th</sup> January</b>	<b>Wednesday 13<sup>th</sup> January</b>	<b>Thursday 14<sup>th</sup> January</b>	<b>Friday 15<sup>th</sup> January</b>	<b>Saturday 16<sup>th</sup> January</b>	<b>Sunday 17<sup>th</sup> January</b>
<b>6.00AM</b> X-Ride 45 – Nikki <b>9.30AM</b> Xcore – John  <b>6.00PM</b> Pilates – John	<b>9.30AM</b> X-Ride – Adrian   <b>6.00PM</b> Zumba – Yumi	<b>6.00AM</b> X-Ride 45 – Adrian <b>9.30AM</b> StepX – John  <b>6.00PM</b> Flex - Tina	<b>9.30AM</b> Flex – Tina   <b>6.00PM</b> StepX – John	<b>9.30AM</b> Yoga – Summer	<b>9.30AM</b> X-Ride – Margaret	<b>9.30AM</b> Yoga - Danny

<b>Monday 18<sup>th</sup> January</b>	<b>Tuesday 19<sup>th</sup> January</b>	<b>Wednesday 20<sup>th</sup> January</b>	<b>Thursday 21<sup>st</sup> January</b>	<b>Friday 22<sup>nd</sup> January</b>	<b>Saturday 23<sup>rd</sup> January</b>	<b>Sunday 24<sup>th</sup> January</b>
<b>6.00AM</b> X-Ride 45 - Nikki <b>9.30AM</b> Xcore - John <b>10.30AM</b> Pilates - John  <b>5.30PM</b> Pilates - John <b>6.00PM</b> X-Ride – Adrian <b>6.30PM</b> StepX - John	<b>9.30AM</b> X-Ride - Adrian   <b>6.00PM</b> Xtreme 30 – Nikki <b>6.30PM</b> Zumba - Yumi	<b>6.00AM</b> X-Ride 45 – Adrian <b>9.30AM</b> StepX – John <b>10.30AM</b> Xcore – John  <b>5.30PM</b> Flex - Tina <b>6.30PM</b> Pilates - Tina	<b>6.00AM</b> Flex - Nikki <b>9.30AM</b> Flex – Tina  <b>5.30PM</b> StepX – John <b>6.30PM</b> Xcore – John	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> Yoga – Summer	<b>9.30AM</b> Xcore – Anna	<b>8.30AM</b> Zumba – Charlie <b>9.30AM</b> Yoga – Danny <b>10.00AM</b> X-Ride – Margaret
<b>Monday 25<sup>th</sup> January</b>	<b>Tuesday 26<sup>th</sup> January</b>	<b>Wednesday 27<sup>th</sup> January</b>	<b>Thursday 28<sup>th</sup> January</b>	<b>Friday 29<sup>th</sup> January</b>	<b>Saturday 30<sup>th</sup> January</b>	<b>Sunday 31<sup>st</sup> January</b>
<b>6.00AM</b> X-Ride 45 – Adrian <b>9.30AM</b> Xcore – Anna <b>10.30AM</b> Pilates – Anna  <b>5.30PM</b> Pilates – John <b>6.00PM</b> X-Ride - Adrian <b>6.30PM</b> StepX – John	<b>6.00AM</b> Xcore 45 – Anna <b>9.30AM</b> X-Ride – Adrian  <b>6.00PM</b> Xtreme 30 – Warwick <b>6.30PM</b> Zumba - Yumi	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> StepX – John <b>10.30AM</b> Xcore – John  <b>5.30PM</b> Flex – Tina <b>6.30PM</b> Pilates – Anna	<b>9.30AM</b> Flex – Tina  <b>5.30PM</b> StepX – John <b>6.30PM</b> Xcore – John	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> Yoga - Summer	<b>9.30AM</b> Xcore – Anna	<b>8.30AM</b> Zumba – Charlie <b>9.30AM</b> Yoga – Danny <b>10.00AM</b> X-Ride – Margaret

Monday 1 <sup>st</sup> February	Tuesday 2 <sup>nd</sup> February	Wednesday 3 <sup>rd</sup> February	Thursday 4 <sup>th</sup> February	Friday 5 <sup>th</sup> February	Saturday 6 <sup>th</sup> February	Sunday 7 <sup>th</sup> February
<b>NO CLASSES</b>	<b>6.00AM</b> Xcore 45 – Anna <b>9.30AM</b> X-Ride – Adrian  <b>6.00PM</b> Xtreme 30 – Nikki <b>6.30PM</b> Zumba - Yumi	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> StepX – John <b>10.30AM</b> Xcore – John  <b>5.30PM</b> Flex – Tina <b>6.30PM</b> Pilates – Anna	<b>6.00AM</b> Flex - Nikki <b>9.30AM</b> Flex – Tina  <b>5.30PM</b> StepX – John <b>6.30PM</b> Xcore – John	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> Yoga - Summer	<b>NO CLASSES</b>	<b>8.30AM</b> Zumba – Charlie <b>9.30AM</b> Yoga – Danny <b>10.00AM</b> X-Ride – Margaret