

## CLUB PHYSICAL COAST 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 – Sunday 3rd January
<b>9.30AM</b> X-Circuit – Jo  <b>6.00PM</b> Pilates – Jo	<b>9.30AM</b> Barre – Renee  <b>6.00PM</b> X-Circuit – Adrian	<b>9.30AM</b> Flex – Tina	<b>NO CLASSES</b>

Monday 4 <sup>th</sup> January	Tuesday 5 <sup>th</sup> January	Wednesday 6 <sup>th</sup> January	Thursday 7 <sup>th</sup> January	Friday 8 <sup>th</sup> January	Saturday 9 <sup>th</sup> January	Sunday 10 <sup>th</sup> January
<b>NO CLASSES</b>	<b>5.45PM</b> Yoga – Catherine	<b>9.30AM</b> Flex – Tina	<b>9.30AM</b> Barre – Renee  <b>5.45PM</b> Pilates – Jo	<b>9.30AM</b> X-Ride – Jo	<b>9.30AM</b> Barre – Renee	<b>9.30AM</b> X-Circuit – Adrian
Monday 11 <sup>th</sup> January	Tuesday 12 <sup>th</sup> January	Wednesday 13 <sup>th</sup> January	Thursday 14 <sup>th</sup> January	Friday 15 <sup>th</sup> January	Saturday 16 <sup>th</sup> January	Sunday 17 <sup>th</sup> January
<b>9.30AM</b> Pilates – Jo	<b>6.00PM</b> X-Circuit – Adrian	<b>9.30AM</b> Flex – Tina	<b>9.30AM</b> Barre – Renee  <b>6.00PM</b> X-Ride – Jo	<b>9.30AM</b> Yoga – Catherine	<b>9.30AM</b> Barre – Renee	<b>9.30AM</b> X-Box 45 – Claudia

<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>9.30AM</b> X-Circuit – Jo  <b>6.00PM</b> Pilates – Jo	<b>9.30AM</b> Yoga – Catherine  <b>6.00PM</b> X-Circuit – Adrian	<b>9.30AM</b> Flex – Tina <b>10.30AM</b> Xtreme30 – Tina <b>6.00PM</b> Yoga – Catherine	<b>9.30AM</b> Pilates – Jo  <b>6.00PM</b> X-Ride - Jo	<b>9.30AM</b> X-Ride – Jo	<b>8.30AM</b> Barre – Renee	<b>9.30AM</b> X-Box 45 – Claudia
<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>9.30AM</b> X-Circuit – Jo  <b>6.00PM</b> Pilates – Jo	<b>9.30AM</b> Yoga - Catherine  <b>6.00PM</b> X-Circuit – Adrian	<b>9.30AM</b> Flex – Tina <b>10.30AM</b> Xtreme 30 – Tina  <b>6.00PM</b> Yoga - Catherine	<b>9.30AM</b> Pilates - Jo  <b>6.00PM</b> X-Ride – Jo	<b>9.30AM</b> X-Ride – Jo	<b>8.30AM</b> Barre – Renee	<b>9.30AM</b> X-Box 45 – Claudia
<b>Monday 1<sup>st</sup> February</b>	<b>Tuesday 2<sup>nd</sup> February</b>	<b>Wednesday 3<sup>rd</sup> February</b>	<b>Thursday 4<sup>th</sup> February</b>	<b>Friday 5<sup>th</sup> February</b>	<b>Saturday 6<sup>th</sup> February</b>	<b>Sunday 7<sup>th</sup> February</b>
<b>NO CLASSE</b>	<b>9.30AM</b> Yoga – Catherine  <b>6.00PM</b> X-Circuit – Adrian	<b>9.30AM</b> Flex – Tina <b>10.30AM</b> Xtreme30 – Tina <b>6:00PM</b> Yoga – Catherine	<b>9.30AM</b> Pilates – Jo  <b>6:00PM</b> X-Ride – Jo	<b>9.30AM</b> X-Ride – Jo	<b>NO CLASSES</b>	<b>9.30AM</b> X-Box 45 – Claudia