

CLUB PHYSICAL TE ATATU GROUPX SUMMER TIMETABLE

Monday 21 st December	Tuesday 22 nd December	Wednesday 23 rd December	Thursday 24 th December – Saturday 26 th December		Sunday 27 th December	
9.30AM Flex - Tina 10.35AM Xtreme30 – Tina 5.45PM StepX - Sharon 6.00PM X-Ride – Hope 6.30PM X45 Cardio - Daniel	6.00AM X45 Strength – Kevin 9.30AM Xcore - Sharon 6.00PM X-Ride – Hope 6.15PM Zumba - Charlie	9.30AM StepX – Sharon 6.00PM X-Ride 30 – Hope 6.30PM X45 Strength – Kevin	NO CLASSES		9.30AM X-Ride - Margaret	
Monday 28 th December	Tuesday 29 th December	Wednesday 30 th December	Thursday 31 st December	Friday 1 st January	Saturday 2 nd January	Sunday 3 rd January
NO CLASSES	9.30AM Flex – Tina	9.30AM StepX – Tina	9.30AM Barre – Renee	NO CLASSES	NO CLASSES	9.30AM X-Ride - Margaret

Monday 4th January	Tuesday 5th January	Wednesday 6th January	Thursday 7th January	Friday 8th January	Saturday 9th January	Sunday 10th January
NO CLASSES	9.30AM Barre – Renee	5.45PM X-Ride – Margaret	9.30AM Xcore – Anna	9.30AM StepX – Tina	9.30AM Flex – Tina	9.30AM Yoga - Misato
Monday 11th January	Tuesday 12th January	Wednesday 13th January	Thursday 14th January	Friday 15th January	Saturday 16th January	Sunday 17th January
9.30AM Flex – Tina 6.00PM StepX – Sharon 6.30PM X45 Cardio - Daniel	6.00AM X45 Strength – Kevin 9.30AM Barre – Renee 6.00PM Zumba – Charlie	9.30AM Pilates – Sharon 6.00PM X-Ride – Margaret	9.30AM Xcore – Sharon 6.00PM Flex – Tina	9.30AM StepX – Sharon	9.30AM Flex – Tina	9.30AM Yoga – Misato

Monday 18 th January	Tuesday 19 th January	Wednesday 20 th January	Thursday 21 st January	Friday 22 nd January	Saturday 23 rd January	Sunday 24 th January
9.30AM Flex – Tina 10.35AM Xtreme 30 – Tina 5.45PM StepX – Sharon 6.00PM X-Ride – Hope 6.30PM X45 Cardio – Daniel	6.00AM X45 Strength – Kevin 9.30AM Xcore - Sharon 6.00PM X-Ride – Hope 6.15PM Zumba - Charlie	9.30AM Barre – Renee 6.00PM X-Ride 30 – Hope 6.15PM Pilates – Sharon 6.30PM X45 Strength – Kevin	6.00AM X45 Cardio – Kevin 9.30AM Pilates – Sharon 10.35AM X45 Cardio – Brahm 5.45PM Flex – Tina	9.30AM StepX – Sharon 10.35AM Yoga – Misato	8.30AM X-Ride – Hope 9.30AM Flex – Tina 10.30AM Barre 45 – Renee	8.30AM X45 Strength – Daniel 9.30AM Yoga – Misato
Monday 25 th January	Tuesday 26 th January	Wednesday 27 th January	Thursday 28 th January	Friday 29 th January	Saturday 30 th January	Sunday 31 st January
9.30AM Flex – Tina 10.35AM Xtreme 30 – Tina 5.45PM StepX – Sharon 6.00PM X-Ride – Nora 6.30PM X45 Cardio – Daniel	6.00AM X45 Strength – Kevin 9.30AM X-Ride 30 – Nora 10.35AM Xcore – Sharon 6.00PM X-Ride – Hope 6.15PM Zumba - Charlie	9.30AM Pilates – Nora 10.35AM Flex – Anna 6.00PM X-Ride 30 – Hope 6.15PM Pilates – Nora 6.30PM X45 Strength – Kevin	6.00AM X45 Cardio – Kevin 9.30AM Xcore – Sharon 10.35AM X45 Cardio – Brahm 5.45PM Flex – Tina	9.30AM StepX – Sharon 10.35AM Yoga – Misato	8.30AM X-Ride – Hope 9.30AM Flex – Tina 10.30AM Barre 45 – Renee	8.30AM X45 Strength – Daniel 9.30AM Yoga – Misato

Monday 1 st February	Tuesday 2 nd February	Wednesday 3 rd February	Thursday 4 th February	Friday 5 th February	Saturday 6 th February	Sunday 7 th February
NO CLASSES	6.00AM X45 Strength – Kevin 9.30AM X-Ride 30 – Nora 10.35AM Xcore – Sharon 6.00PM X-Ride – Hope 6.15PM Zumba - Charlie	9.30AM Pilates – Nora 10.35AM Flex – Anna 6.00PM X-Ride 30 – Hope 6.15PM Pilates – Nora 6.30PM X45 Strength – Kevin	6.00AM X45 Cardio – Kevin 9.30AM Xcore – Sharon 10.35AM X45 Cardio – Brahm 5.45PM Flex – Tina 6.00PM X-Ride – Terry	9.30AM StepX – Sharon 10.35AM Yoga – Misato	NO CLASSES	8.30AM X45 Strength – Daniel 9.30AM Yoga – Misato