

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
6:30am	H.I.T.*	Billie

Tuesday		
Time	Class	Presenter
6:00am	X-CORE 45	Anna
6:00am	BOOTIE THERAPY*	Billie
9:30am	X-RIDE	Adrian
9:10am	BARRE 45	Chloe
9.30am	Powerlines*	Billie
10am	X45*	Chloe
6:00pm	XTREME 30	Nikki
6:00pm	GYM ORIENTATION	Amanda
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	POWERLINES	Billie

Thursday		
Time	Class	Presenter
6:00am	FLEX	Nikki
6:00am	H.I.T.*	Billie
9:30am	FLEX	Tina
9:15am	GYM ORIENTATION	Amanda
9:30am	H.I.T.*	Billie
5:30pm	STEP-X	John
5:45pm	X45*	Chloe
6:30pm	X-CORE	John
6:30pm	H.I.T.*	Billie

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

Saturday		
Time	Class	Presenter
8:30am	X-RIDE	Terry
9:30am	X-CORE	Anna
9:30am	H.I.T.+*	Billie

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

* Billie's Classes – Extra Cost

* X45 – Extra Cost



Effective Tuesday 6th April 2021

Subject to change depending on presenter's availability

Monday to Thursday 5:00am to 9:00pm, Friday 5:00am to 8:00pm, Sat and Sun 7:00am to 5:00pm

KIDS CLUB Monday to Friday 9:00am to 11:00am

Birkenhead 414 3972

Te Atatu 414 3976

Coast 869 2596

www.clubphysical.co.nz