

# COAST GX

Monday		
Time	Class	Presenter
9:30am	X45	Chloe
5.30pm	Gym Orientation	Claudia
6:00pm	PILATES	Jo

Tuesday		
Time	Class	Presenter
9:30am	YOGA	Catherine
6:00pm	X45	Adrian

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	Jo

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

Saturday		
Time	Class	Presenter
8:30am	BARRE	Renee

Sunday		
Time	Class	Presenter
9:30am	X-BOX 45	Claudia



Effective Tuesday 6<sup>th</sup> April 2021  
 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 11.00am  
 Birkenhead 414 3972  
 Te Atatu 414 3976      Coast 869 2596  
[www.clubphysical.co.nz](http://www.clubphysical.co.nz)