

# BIRKENHEAD GX

<b>Monday</b>		
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

<b>Tuesday</b>		
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
10:00am	X45*	Chloe
6:00pm	XTREME 30	Nikki
6:00pm	GYM ORIENTATION	Markus
6:30pm	ZUMBA	Yumi

<b>Wednesday</b>		
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

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

<b>Friday</b>		
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
6pm	BARRE 45	Chloe

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

<b>Sunday</b>		
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 24<sup>th</sup> May 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](http://www.clubphysical.co.nz)