

Te Atatu GX

Monday		
Time	Class	Presenter
9:30am	FLEX	Tina
5:00pm	GYM Orientation	Brahm
5:45pm	STEPX	Sharon
6:00pm	X-RIDE 45	Nora
6:30pm	X45 CARDIO*	Chloe

Thursday		
Time	Class	Presenter
6:00am	X45 CARDIO*	Kevin
9:30am	XCORE	Sharon
9:30am	X45 CARDIO*	Brahm
5:45pm	FLEX	Tina
6:00pm	X-RIDE 45	Terry

Tuesday		
Time	Class	Presenter
6:00am	X45 STRENGTH*	Kevin
9:30am	X-RIDE 30	Nora
9.30am	X45 CARDIO*	Brahm
10:35am	XCORE	Sharon
6:00pm	X-RIDE 45	Hope
6:15pm	ZUMBA	Charlie

Friday		
Time	Class	Presenter
9:30am	STEPX	Sharon
10.00am	Gym Orientation	Brahm
10:35am	Vinyasa Flow Yoga	Sophie

Wednesday		
Time	Class	Presenter
9:30am	PILATES	Nora
6.00pm	Gym Orientation	Chloe
6:00pm	X-RIDE 30	Hope
6:15pm	YOGA	Nora
6:30pm	X45 STRENGTH*	Kevin

Saturday		
Time	Class	Presenter
8:30am	X-RIDE	Hope
9:30am	FLEX	Tina
10:30am	BARRE 45	Renee

Sunday		
Time	Class	Presenter
9:30am	Vinyasa Flow Yoga	Sophie

* - Extra Cost

Effective Wednesday 1st December 2021

Subject to change depending on presenter's availability

Monday to Thursday 5:00am to 10:00pm, Friday 5.00am to 9:00pm, Sat and Sun 8:00am to 6:00pm

KIDS CLUB Monday to Friday 9:00am to 12:00pm, Saturday 8:15am to 11:15am

Birkenhead 414 3972

Te Atatu 414 3976 Coast 869 2596

www.clubphysical.co.nz

