

## CLUB PHYSICAL BIRKENHEAD GROUPX SUMMER TIMETABLE 2022

Monday 20 <sup>th</sup> December	Tuesday 21 <sup>st</sup> December	Wednesday 22 <sup>nd</sup> December	Thursday 23 <sup>rd</sup> December	Friday 24 <sup>th</sup> December – Sunday 26 <sup>th</sup> December		
<b>6.00AM</b> X-Ride 45 – Nikki <b>9.30AM</b> XCore – Anna <b>10.30AM</b> Pilates – Anna  <b>5.30PM</b> Pilates – John <b>6.00PM</b> X-Ride 45 – Adrian <b>6.30PM</b> StepX - John	<b>6.00AM</b> XCore 45 – Anna <b>9.30AM</b> X-Ride 45– Adrian <b>9.30AM</b> Barre 45 – Chloe  <b>6.00PM</b> X30 – Nikki	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> StepX – John <b>10.30AM</b> Xcore – John  <b>5.30PM</b> Flex – Tina <b>6.30PM</b> Pilates – Anna	<b>6.00AM</b> Flex - Nikki <b>9.30AM</b> Flex – Tina  <b>5.30PM</b> Step X - John <b>6.30PM</b> XCore - John	<b>NO CLASSES</b>		
Monday 27 <sup>th</sup> December	Tuesday 28 <sup>th</sup> December	Wednesday 29 <sup>th</sup> December	Thursday 30 <sup>th</sup> December	Friday 31 <sup>st</sup> December	Saturday 1 <sup>st</sup> January	Sunday 2 <sup>nd</sup> January
<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>9.30AM</b> StepX - John	<b>9.30AM</b> Flex – Tina	<b>9.30AM</b> XCore - Anna	<b>NO CLASSES</b>	<b>NO CLASSES</b>

<b>Monday 3<sup>th</sup> January</b>	<b>Tuesday 4<sup>th</sup> January</b>	<b>Wednesday 5<sup>th</sup> January</b>	<b>Thursday 6<sup>th</sup> January</b>	<b>Friday 7<sup>th</sup> January</b>	<b>Saturday 8<sup>th</sup> January</b>	<b>Sunday 9<sup>th</sup> January</b>
<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>9.30AM</b> StepX – John	<b>9.30AM</b> Flex – Tina	<b>9.30AM</b> XCore – John	<b>9.30AM</b> X-Ride 45 – Nikki	<b>9.30AM</b> Vinyasa Flow Yoga – Danny
<b>Monday 10<sup>th</sup> January</b>	<b>Tuesday 11<sup>th</sup> January</b>	<b>Wednesday 12<sup>th</sup> January</b>	<b>Thursday 13<sup>th</sup> January</b>	<b>Friday 14<sup>th</sup> January</b>	<b>Saturday 15<sup>th</sup> January</b>	<b>Sunday 16<sup>th</sup> January</b>
<b>9.30AM</b> XCore – John	<b>6.00PM</b> X-Ride 45 – Nikki	<b>9.30AM</b> StepX – John	<b>6.00PM</b> Pilates – John	<b>9.30AM</b> Flex - Tina	<b>9.30AM</b> X-Ride 45 – Terry	<b>9.30AM</b> Vinyasa Flow Yoga – Danny



Monday 31 <sup>st</sup> January	Tuesday 1 <sup>st</sup> February	Wednesday 2 <sup>nd</sup> February	Thursday 3 <sup>rd</sup> February	Friday 4 <sup>th</sup> February	Saturday 5 <sup>th</sup> February	Sunday 6 <sup>th</sup> February – Monday 7 <sup>th</sup> February
NO CLASSES	<b>6.00AM</b> XCore 45 – Anna <b>9.30AM</b> X-Ride 45 – Adrian <b>9.30AM</b> Barre 45 - Chloe  <b>6.00PM</b> X30 – Nikki <b>6.30PM</b> Zumba - Yumi	<b>6.00AM</b> X-Ride 45 – Anna <b>9.30AM</b> StepX – John <b>10.30AM</b> XCore – John  <b>5.30PM</b> Flex – Tina <b>6.30PM</b> Pilates – Anna	<b>6.00AM</b> Flex - Nikki <b>9.30AM</b> Flex – Tina  <b>5.30PM</b> StepX – John <b>5.45PM</b> X45 – Markus <b>6.30PM</b> Xcore – John	<b>9.30AM</b> Vinyasa Flow Yoga – Nadia   <b>6.00PM</b> Barre 45 Chloe	<b>8.30AM</b> X-Ride 45 - Terry <b>9.30AM</b> Zumba – Charlie	NO CLASSES