

## CLUB PHYSICAL COAST 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 2 <sup>nd</sup> January
<b>9.30AM</b> X45 – Claudia  <b>6.00PM</b> Pilates – Jo	<b>9.30AM</b> Stretch – Claudia  <b>6.00PM</b> X45 – Adrian	<b>9.30AM</b> Flex – Tina  <b>6.00PM</b> Barre 45 – Renee	<b>9.30AM</b> Pilates – Jo  <b>6.00PM</b> X-Ride 45 – Jo	<b>NO CLASSES</b>

Monday 3 <sup>rd</sup> January	Tuesday 4 <sup>th</sup> January	Wednesday 5 <sup>th</sup> January	Thursday 6 <sup>th</sup> January	Friday 7 <sup>th</sup> January	Saturday 8 <sup>th</sup> January	Sunday 9 <sup>th</sup> January
<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>9.30AM</b> Flex – Tina	<b>NO CLASSES</b>	<b>9.30AM</b> Stretch - Claudia	<b>NO CLASSES</b>	<b>9.30AM</b> X-Box 45 – Claudia
Monday 10 <sup>th</sup> January	Tuesday 11 <sup>th</sup> January	Wednesday 12 <sup>th</sup> January	Thursday 13 <sup>th</sup> January	Friday 14 <sup>th</sup> January	Saturday 15 <sup>th</sup> January	Sunday 16 <sup>th</sup> January
<b>9.30AM</b> X45 - Claudia	<b>NO CLASSES</b>	<b>9.30AM</b> Flex – Tina	<b>NO CLASSES</b>	<b>9.30AM</b> Stretch - Claudia	<b>NO CLASSES</b>	<b>9.30AM</b> X-Box 45 – Claudia

<b>Monday 17<sup>th</sup></b> <b>January</b>	<b>Tuesday 18<sup>th</sup></b> <b>January</b>	<b>Wednesday 19<sup>th</sup></b> <b>January</b>	<b>Thursday 20<sup>th</sup></b> <b>January</b>	<b>Friday 21<sup>st</sup> January</b>	<b>Saturday 22<sup>nd</sup></b> <b>January</b>	<b>Sunday 23<sup>rd</sup></b> <b>January</b>
<b>9.30AM</b> X45 – Claudia	<b>6.00PM</b> X45 – Adrian	<b>9.30AM</b> Flex – Tina	<b>6.00PM</b> Pilates – Jo	<b>9.30AM</b> X-Ride – Jo	<b>9.30AM</b> Pilates – Jo	<b>9.30AM</b> X-Box 45 – Claudia
<b>Monday 24<sup>th</sup></b> <b>January</b>	<b>Tuesday 25<sup>th</sup></b> <b>January</b>	<b>Wednesday 26<sup>th</sup></b> <b>January</b>	<b>Thursday 27<sup>th</sup></b> <b>January</b>	<b>Friday 28<sup>th</sup> January</b>	<b>Saturday 29<sup>th</sup></b> <b>January</b>	<b>Sunday 30<sup>th</sup></b> <b>January</b>
<b>9.30AM</b> X45 – Claudia  <b>6.00PM</b> Pilates - Jo	<b>9.30AM</b> Stretch – Claudia  <b>6.00PM</b> X45 – Adrian	<b>9.30AM</b> Flex – Tina  <b>6.00PM</b> Barre 45 – Renee	<b>9.30AM</b> Pilates – Jo  <b>6.00PM</b> X-Ride 45 – Jo	<b>9.30AM</b> X-Ride 45 – Jo	<b>8.30AM</b> Barre 45 – Renee	<b>9.30AM</b> X-Box 45 – Claudia

