

CLUB PHYSICAL TE ATATU GROUPX SUMMER TIMETABLE 2022

Monday 20 th December	Tuesday 21 st December	Wednesday 22 nd December	Thursday 23 rd December		Friday 24 th December - Sunday 26 th December	
9.30AM Flex - Tina 5.45PM StepX - Sharon 6.00PM X-Ride 45 – Nora 6.30PM X45 Cardio – Chloe*	6.00AM X45 Strength – Kevin* 9.30AM X-Ride 45 – Nora 9.30AM X45 Cardio – Brahm* 10.35AM XCore – Sharon 6.00PM Flex – Tina	9.30AM Pilates – Nora 6.00PM Yoga – Nora 6.30PM X45 Strength – Kevin*	6.00AM X45 Cardio – Kevin* 9.30AM XCore – Sharon 9.30AM X45 Cardio – Brahm* 6.00PM X-Ride 45 – Margaret	NO CLASSES		
Monday 27 th December	Tuesday 28 th December	Wednesday 29 th December	Thursday 30 th December	Friday 31 st December	Saturday 1 st January	Sunday 2 nd January
NO CLASSES	NO CLASSES	9.30AM Flex – Tina	9.30AM Barre 45 – Renee	9.30AM Step X – Tina	NO CLASSES	NO CLASSES

Monday 3 rd January	Tuesday 4 th January	Wednesday 5 th January	Thursday 6 th January	Friday 7 th January	Saturday 8 th January	Sunday 9 th January
NO CLASSES	NO CLASSES	9.30AM Yoga – Nora	9.30AM X-Ride 45 – Nora	9.30AM StepX – Tina	9.30AM Flex – Tina	9.30AM X-Ride 45 – Margaret
Monday 10 th January	Tuesday 11 th January	Wednesday 12 th January	Thursday 13 th January	Friday 14 th January	Saturday 15 th January	Sunday 16 th January
9.30AM Flex – Tina	9.30AM X45 Cardio – Brahm* 6.00PM X-Ride 45 – Hope	9.30AM Pilates – Sharon 6.00PM X45 Strength – Kevin*	9.30AM X45 Cardio – Brahm* 6.00PM Flex – Tina	9.30AM StepX – Sharon	9.30AM Flex – Tina	9.30AM Vinyasa Flow Yoga – Sophie
Monday 17 th January	Tuesday 18 th January	Wednesday 19 th January	Thursday 20 th January	Friday 21 st January	Saturday 22 nd January	Sunday 23 rd January
9.30AM Flex – Tina 6.00PM StepX – Sharon	6.00AM X45 Strength – Kevin* 9.30AM XCore – Sharon 9.30AM X45 Cardio – Brahm* 6.00PM X-Ride 45 – Hope	9.30AM Pilates – Nora 6.00PM Yoga – Nora 6.30PM X45 Strength – Kevin*	6.00AM X45 Cardio – Kevin* 9.30AM XCore – Sharon 9.30AM X45 Cardio – Brahm* 6.00PM X-Ride 45 – Terry	9.30AM StepX – Sharon	8.30AM X-Ride 45 – Hope 9.30AM Flex – Tina 10.30AM Barre 45 – Tina	9.30AM Vinyasa Flow Yoga – Sophie

Monday 24 th January	Tuesday 25 th January	Wednesday 26 th January	Thursday 27 th January	Friday 28 th January	Saturday 29 th January	Sunday 30 th January
<p>9.30AM Flex – Tina</p> <p>5.45PM StepX – Sharon</p> <p>6.00PM X-Ride 45 – Nora</p>	<p>6.00AM X45 Strength – Kevin*</p> <p>9.30AM X-Ride 30 – Nora</p> <p>9.30AM X45 Cardio – Brahm*</p> <p>10.35AM XCore – Sharon</p> <p>6.00PM X-Ride 45 – Hope</p> <p>6.15PM Zumba – Charlie</p>	<p>9.30AM Pilates – Nora</p> <p>6.00PM X-Ride 30 – Hope</p> <p>6.15PM Yoga – Nora</p> <p>6.30PM X45 Strength – Kevin*</p>	<p>6.00AM X45 Cardio – Kevin*</p> <p>9.30AM XCore – Sharon</p> <p>9.30AM X45 Cardio – Brahm*</p> <p>5.45PM Flex – Tina</p> <p>6.00PM X-Ride 45 – Terry</p>	<p>9.30AM StepX – Sharon</p>	<p>8.30AM X-Ride 45 – Hope</p> <p>9.30AM Flex – Tina</p> <p>10.30AM Barre 45 – Renee</p>	<p>9.30AM Vinyasa Flow Yoga – Sophie</p>
Monday 31 st January	Tuesday 1 st February	Wednesday 2 nd February	Thursday 3 rd February	Friday 4 th February	Saturday 5 th February	Sunday 6 th February – Monday 7 th February
<p>NO CLASSES</p>	<p>6.00AM X45 Strength – Kevin*</p> <p>9.30AM X-Ride 30 – Hope</p> <p>9.30AM X45 Cardio – Brahm*</p> <p>10.35AM XCore – Sharon</p> <p>6.00PM X-Ride – Hope</p> <p>6.15PM Zumba - Charlie</p>	<p>9.30AM Pilates – Sharon</p> <p>6.00PM X-Ride – Hope</p> <p>6.30PM X45 Strength – Kevin*</p>	<p>6.00AM X45 Cardio – Kevin*</p> <p>9.30AM XCore – Sharon</p> <p>9.30AM X45 Cardio – Brahm*</p> <p>5.45PM Flex – Tina</p> <p>6.00PM X-Ride 45 – Terry</p>	<p>9.30AM StepX – Sharon</p>	<p>8.30AM X-Ride 45 - Hope</p> <p>9.30AM Flex – Sharon</p> <p>10.30AM Barre 45 – Renee</p>	<p>NO CLASSES</p>

