

COAST GX

Monday		
Time	Class	Presenter
9:30am	X45	Chloe
6:00pm	Pilates	Jo

Tuesday		
Time	Class	Presenter
9:30am	Yoga-lates	Jo
6.00pm	Gym Orientation	Claudia
6:00pm	X45	Adrian

Wednesday		
Time	Class	Presenter
9:30am	FLEX	Tina
10:30am	X30	Tina
6:00pm	Yoga	Nicki

Thursday		
Time	Class	Presenter
9:30am	X45	Caroline
10:00am	Gym Orientation	Claudia
6:00pm	X-RIDE 45	Jo

Friday		
Time	Class	Presenter
9:30am	X-RIDE 45	Jo

Saturday		
Time	Class	Presenter
8:30am	BARRE 45	Renee
9.30am	X45	Claudia



Effective Monday 14th March 2022

Subject to change depending on instructor's availability

Monday to Thursday 5:30am to 8:30pm, Friday 5.30am to 8:00pm, Sat and Sun 8:00am to 4:00pm

KIDS CLUB Monday to Friday 9:00am to 11.00am

Birkenhead 414 3972

Te Atatu 414 3976 Coast 869 2596

www.clubphysical.co.nz