

COAST GX

Monday		
Time	Class	Presenter
9:30am	X45	Chloe
10.30am	Forever Young **	Lis
6.00pm	Gym Orientation	Claudia
6:00pm	Pilates	Jo

Tuesday		
Time	Class	Presenter
9:30am	Yoga	Nicki
6.00pm	Orientation	Claudia
6:00pm	X45	Adrian
7pm	Kickboxing **	Tara

Wednesday		
Time	Class	Presenter
9:30am	FLEX	Tina
10.30am	Forever Young **	Lis
6:00pm	Yoga	Nicki

Thursday		
Time	Class	Presenter
9:30am	X45	Caroline
10:00am	Orientation	Claudia

Friday		
Time	Class	Presenter
9:30am	X-RIDE 45	Claudia
10.30am	Forever Young **	Lis

Saturday		
Time	Class	Presenter
8:30am	BARRE 45	Renee



** = Extra Cost

Effective Monday 23rd May 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 10.45am

Birkenhead 414 3972

Te Atatu 414 3976 Coast 869 2596

www.clubphysical.co.nz