

BIRKENHEAD GX

Monday		
Time	Class	Presenter
6:00am	X-RIDE 45	Nikki
6:00am	H.I.T.*	Billie
9:00am	H.I.T.*	Billie
9:30am	X-CORE	Anna
10:30am	PILATES	Anna
5:30pm	PILATES	John
6:00pm	X-RIDE 45	Adrian
6:30pm	STEP-X	John

Thursday		
Time	Class	Presenter
6:00am	FLEX	Nikki
6:00am	H.I.T.*	Billie
9:00am	H.I.T.*	Billie
9:30am	FLEX	Tina
9:15am	GYM ORIENTATION	Markus
5:30pm	STEP-X	John
6:30pm	X-CORE	John

Tuesday		
Time	Class	Presenter
6:00am	X-CORE 45	Anna
6:00am	BOOTIE THERAPY*	Billie
9:00am	Powerlines*	Billie
9:30am	X-RIDE 45	Adrian
9:30am	BARRE 45	Chloe
6:00pm	X30	Nikki
6:00pm	GYM ORIENTATION	Markus
6:30pm	ZUMBA	Yumi
6.30pm	Powerlines*	Billie

Friday		
Time	Class	Presenter
6:00am	BOXING*	Billie
9:00am	H.I.T.*	Billie
9:30am	VINYASA FLOW YOGA	Nadia
6pm	BARRE 45	Chloe

Wednesday		
Time	Class	Presenter
6:00am	X-RIDE 45	Anna
6:00am	POWERLINES*	Billie
9:00am	BOOTIE THERAPY	Billie
9:30am	STEP-X	John
10:30am	X-CORE	John
5:30pm	FLEX	Tina
6:30pm	PILATES	Anna

Saturday		
Time	Class	Presenter
8:30am	X-RIDE 45	Terry
9:30am	H.I.T.+*	Billie
9.30am	X45	Chloe
10.30am	Barbell Club*	Billie

Sunday		
Time	Class	Presenter
9:30am	VINYASA FLOW YOGA	Danny
10:00am	X-RIDE 45	Margaret
10.30am	ZUMBA	Lleu

* Billie's Classes – Extra Cost

Effective Monday 16th May 2022 - Subject to change depending on presenter's availability. Monday to Thursday 5:00am to 9:00pm, Friday 5:00am to 8:00pm, Sat and Sun 7:00am to 5:00pm - KIDS CLUB Monday to Friday 9:00am to 10.45am - Birkenhead 414 3972 -Te Atatu 414 3976 Coast 869 2596

www.clubphysical.co.nz



