

# August

2021

## TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p><b>Mums &amp; Bubs Tinana Session</b> Erin Hapi 9:30 AM – 10:30AM</p>	<p><b>Nutritional Advice</b> Sally-Anne Taingahue 8:30 AM – 10:00AM <b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM</p>	4	<p><b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM <b>Pop up clinic</b> Green Prescription – Maori Healthy Lifestyle Advisor 9AM – 12PM <b>KPTO – WeR Wellness</b> Jayden &amp; Rawiri 10.30am – 11.30am</p>	<p><b>Tinana Session</b> <b>Mobility &amp; Maintenance Session</b> Emmanuel Feala 12:00PM – 1:00PM <b>Be Active 8 Week Programme</b> Green Prescription 1:00 PM – 2:30PM</p>	<p><b>Tinana Fitness Session</b> Mere-Ana Brenan 8:30AM – 9:30AM</p>
8	<p><b>Mums &amp; Bubs Tinana Session</b> Erin Hapi 9:30 AM – 10:30AM</p>	<p><b>Nutritional Advice</b> Sally-Anne Taingahue 8:30 AM – 10:00AM <b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM</p>	<p><b>Physio drop-in</b> MOTUS Eastcare Physio 10am-12pm</p>	<p><b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM</p>	<p><b>Tinana Session</b> <b>Mobility &amp; Maintenance Session</b> Emmanuel Feala 12:00PM – 1:00PM <b>Be Active 8 Week Programme</b> Green Prescription 1:00 PM – 2:30PM</p>	<p><b>Tinana Fitness Session</b> Rawiri Maniapoto 7:30AM – 8:30AM Mere-Ana Brenan 8:30AM – 9:30AM</p>
15	<p><b>Mums &amp; Bubs Tinana Session</b> Erin Hapi 9:30 AM – 10:30AM</p>	<p><b>Nutritional Advice</b> Sally-Anne Taingahue 8:30 AM – 10:00AM <b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM <b>KIDZ Need Dadz</b> Chris 9.30am – 11.30am</p>	18	<p><b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM <b>KPTO – WeR Wellness</b> Jayden &amp; Rawiri 10.30am – 11.30am</p>	<p><b>Tinana Session</b> <b>Mobility &amp; Maintenance Session</b> Emmanuel Feala 12:00PM – 1:00PM</p>	<p><b>Tinana Fitness Session</b> Mere-Ana Brenan 8:30AM – 9:30AM</p>
22	<p><b>Mums &amp; Bubs Tinana Session</b> Erin Hapi 9:30 AM – 10:30AM</p>	<p><b>Nutritional Advice</b> Sally-Anne Taingahue 8:30 AM – 10:00AM <b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM</p>	<p><b>Pop up clinic</b> Community Hepatitis C Clinic 11:00am – 2:30pm</p>	<p><b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM</p>	<p><b>Tinana Session</b> <b>Mobility &amp; Maintenance Session</b> Emmanuel Feala 12:00PM – 1:00PM <b>Be Active 8 Week Programme</b> Green Prescription 1:00 PM – 2:30PM</p>	<p><b>Tinana Fitness Session</b> Rawiri Maniapoto 7:30AM – 8:30AM Mere-Ana Brenan 8:30AM – 9:30AM</p>
29	<p><b>Mums &amp; Bubs Tinana Session</b> Erin Hapi 9:30 AM – 10:30AM</p>	<p><b>Nutritional Advice</b> Sally-Anne Taingahue 8:30 AM – 10:00AM <b>Tinana Fitness Session</b> Rawiri Maniapoto 8:45 AM – 9:15AM</p>	31			