

October

2021

TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tinana Session Mobility & Maintenance Session Emmanuel Feala - 12:00PM – 1:00PM	2 Tinana Fitness Session Rawiri Maniapoto 7:30AM – 8:30AM Mere-Ana Brenan 8:30AM – 9:30AM
3	4 Mums & Bubs Tinana Session Erin Hapi 9:30 AM – 10:30AM	5 Nutritional Advice Sally-Anne Taingahue 8:30 AM – 10:00AM Pop up clinic He Waka Tapu PCW 9:00 AM –12:00PM Tinana Fitness Session Rawiri Maniapoto 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	6 Boxfit Session Erin Hapi 9:30 AM – 10:30AM	7 Tinana Fitness Session Rawiri Maniapoto 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM Pop up clinic Green Prescription – 9AM – 12PM	8 Tinana Session Mobility & Maintenance Session Emmanuel Feala - 12:00PM – 1:00PM	9 Tinana Fitness Session Mere-Ana Brenan 8:30AM – 9:30AM
10	11 Mums & Bubs Tinana Session Erin Hapi 9:30 AM – 10:30AM	12 Nutritional Advice Sally-Anne Taingahue 8:30 AM – 10:00AM Tinana Fitness Session Rawiri Maniapoto - 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	13 Boxfit Session Erin Hapi 9:30 AM – 10:30AM	14 Tinana Fitness Session Rawiri Maniapoto 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	15 Tinana Session Mobility & Maintenance Session Emmanuel Feala 12:00PM – 1:00PM	16 Tinana Fitness Session Rawiri Maniapoto 7:30AM – 8:30AM Mere-Ana Brenan 8:30AM – 9:30AM
17	18 Mums & Bubs Tinana Session Erin Hapi 9:30 AM – 10:30AM	19 Nutritional Advice Sally-Anne Taingahue 8:30 AM – 10:00AM Tinana Fitness Session Rawiri Maniapoto 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	20 Boxfit Session Erin Hapi 9:30 AM – 10:30AM Physio drop-in MOTUS Eastcare Physio 10am-12pm	21 Tinana Fitness Session Rawiri Maniapoto 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	22 Tinana Session Mobility & Maintenance Session Emmanuel Feala - 12:00PM – 1:00PM	23 Tinana Fitness Session Mere-Ana Brenan 8:30AM – 9:30AM
24	25 Mums & Bubs Tinana Session Erin Hapi 9:30 AM – 10:30AM	26 Nutritional Advice Sally-Anne Taingahue 8:30 AM – 10:00AM Tinana Fitness Session Rawiri Maniapoto 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	27 Boxfit Session Erin Hapi 9:30 AM – 10:30AM Pop up clinic Community Hepatitis C Clinic 11:00am – 2:30pm	28 Tinana Fitness Session Rawiri Maniapoto 8:45 AM – 9:15AM Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	29 Tinana Session Mobility & Maintenance Session Emmanuel Feala - 12:00PM – 1:00PM	30 Tinana Fitness Session Rawiri Maniapoto 7:30AM – 8:30AM Mere-Ana Brenan 8:30AM – 9:30AM