

AUGUST

2022

TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	2 Tinana Group Session Mobility Session 12:00PM – 1:00PM	3 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM HE WAKA TAPU HAUORA ASSESSMENTS 12:00PM – 2:00PM	4 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM Pop up clinic - Green Prescription 10:00AM – 12:00PM HE WAKA TAPU - AOD Te Whaioranga 1:00PM – 2:00PM	5 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	6 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
7	8 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	9 Tinana Group Session Mobility Session 12:00PM – 1:00PM HE WAKA TAPU – #WER WELLNESS 1:00PM – 2:00PM	10 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM HE WAKA TAPU – NUTRITION 10:00AM – 12:00PM	11 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM	12 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	13 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
14	15 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	16 Tinana Group Session Mobility Session 12:00PM – 1:00PM HE WAKA TAPU – HEALTH COACH/PCW 10:00AM – 11:00AM	17 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM HE WAKA TAPU HAUORA ASSESSMENTS 12:00PM – 2:00PM	18 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM	19 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	20 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
21	22 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	23 Tinana Group Session Mobility Session 12:00PM – 1:00PM HE WAKA TAPU – #WER WELLNESS 1:00PM – 2:00PM	24 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	25 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM	26 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	27 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
28	29 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	30 Tinana Group Session Mobility Session 12:00PM – 1:00PM	31 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM HE WAKA TAPU HAUORA ASSESSMENTS 12:00PM – 2:00PM	Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM