

# December

2022

## TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Tinana Group Fitness Session</b> Cardio/Weights session 1:30PM – 2:30PM	<b>Tinana Group Session</b> Mobility Session 1:30PM – 2:30PM	<b>Tinana Group Fitness Session</b> Cardio/Weights session 1:30PM – 2:30PM	<b>Private Group Session</b> Closed Group Residential Program 1:30PM – 2:30PM  HE WAKA TAPU HAUORA ASSESSMENTS 1:00PM – 3:00PM	<b>Tinana Group Fitness Session</b> Cardio/Weights session 1:30PM – 2:30PM	<b>Tinana Fitness Session</b> Mere-Ana Brenan 7:30AM – 8:30AM
4	<b>Tinana Group Fitness Session</b> Cardio/Weights session 1:30PM – 2:30PM	<b>Tinana Group Session</b> Mobility Session 1:30PM – 2:30PM	<b>Tinana Group Fitness Session</b> Cardio/Weights session 1:30PM – 2:30PM  HE WAKA TAPU SMOKING CESSATION 10:00AM – 12:00AM	<b>Private Group Session</b> Closed Group Residential Program 1:30PM – 2:30PM	<b>Tinana Group Fitness Session</b> Cardio/Weights session 1:30PM – 2:30PM	<b>Tinana Fitness Session</b> Mere-Ana Brenan 7:30AM – 8:30AM
11		<b>HEART HEALTH AND PULSE CHECKS</b> 9:00AM – 11:00AM				<b>Tinana Fitness Session</b> Mere-Ana Brenan 7:30AM – 8:30AM
18				<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>Tinana Fitness Session</b> Mere-Ana Brenan 7:30AM – 8:30AM
25	<b>GYM CLOSED</b> <b>PUBLIC HOLIDAY</b>	<b>GYM CLOSED</b> <b>PUBLIC HOLIDAY</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>Tinana Fitness Session</b> Mere-Ana Brenan 7:30AM – 8:30AM