

January

2022

TINANA COMMUNITY GYM CALENDER GROUP CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 CLOSED - PUBLIC HOLIDAY	4 CLOSED - PUBLIC HOLIDAY	5	6	7	8
9	10	11	12	13	14	15
16	17 Tinana Circuit Session Erin Hapi 3:30 PM – 4:30PM	18 Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	19	20 Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	21 Tinana Session Mobility & Maintenance Session Emmanuel Feala - 12:00PM – 1:00PM	22 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
23	24 Tinana Circuit Session Erin Hapi 3:30 PM – 4:30PM	25 Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	26	27 Cardio Acid Session-Advanced Dan Waiti 11.00AM – 12.00PM	28 Tinana Session Mobility & Maintenance Session Emmanuel Feala - 12:00PM – 1:00PM	29 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
30	31 Tinana Circuit Session Erin Hapi 3:30 PM – 4:30PM					

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TINANA COMMUNITY GYM CALENDAR POP UP CLINICS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 CLOSED - PUBLIC HOLIDAY	4 CLOSED - PUBLIC HOLIDAY	5	6	7	8
9	10 HE WAKA TAPU Whanau Navigator Taryn Hopkins - 10am – 12pm	11	12 HE WAKA TAPU Kaimahi Supports Vic Siitia - 10am – 12pm	13 HE WAKA TAPU Whanau Intervention Practitioner Sam Bartram - 9am – 11am	14 HE WAKA TAPU Rangatahi Supports Kiriana Komene 11.30am – 1pm	15
16	17 HE WAKA TAPU AOD Support Arthur Ashby - 8.30am – 10.30am	18	19 Physio drop-in MOTUS Eastcare Physio 10am-12pm	20 KPTO – WeR Wellness Jayden & Rawiri 10.30am - 11.30am	21	22
23	24 HE WAKA TAPU Whanau Support Niki Fox - 10am – 12pm	25	26 Pop up clinic Community Hepatitis C Clinic 11:00am – 2:30PM	27	28 HE WAKA TAPU Rongoa/ Whanau Support Lisia Livesley - 10am – 12pm	29
30	31 HE WAKA TAPU PCW – Health Navigator Renee Wills - 10am – 12pm					