

JUNE

2022

TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	Tinana Group Session Mobility Session 12:00PM – 1:00PM	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	Tinana Group Session Skill Session 1:30PM – 2:30PM Pop up clinic - Green Prescription 10:00AM – 12:00PM HE WAKA TAPU – AOD Te Whaioranga 1:00PM – 2:00PM	Tinana Group Session Mobility & Maintenance Session 12:00PM – 1:00PM Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	PT Tuahiwi Group Mere-Ana Brenan 6:00AM – 7:00AM Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
5	GYM CLOSED - PUBLIC HOLIDAY	Tinana Group Session Mobility Session 12:00PM – 1:00PM	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 1:30PM – 2:30PM	Tinana Group Session Mobility & Maintenance Session 12:00PM – 1:00PM Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	PT Tuahiwi Group Mere-Ana Brenan 6:00AM – 7:00AM Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
12	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	HE WAKA TAPU – HEALTH COACH/PCW 10:00AM – 11:00AM	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	HE WAKA TAPU – KPTO 10:00AM – 11:00AM	Tinana Group Session Mobility & Maintenance Session 12:00PM – 1:00PM Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	PT Tuahiwi Group Mere-Ana Brenan 6:00AM – 7:00AM Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
19	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	Tinana Group Session Mobility Session 12:00PM – 1:00PM	Tinana Group Fitness Session Cardio/Weights session 11:00AM – 12:00PM HE WAKA TAPU HAUORA ASSESSMENTS 12:00PM – 2:00PM	Tinana Group Session Skill Session 1:30PM – 2:30PM	GYM CLOSED - PUBLIC HOLIDAY	PT Tuahiwi Group Mere-Ana Brenan 6:00AM – 7:00AM Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
26	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	Tinana Group Session Mobility Session 12:00PM – 1:00PM	Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	Tinana Group Session Skill Session 1:30PM – 2:30PM	Tinana Group Session Mobility & Maintenance Session 12:00PM – 1:00PM Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM	