

# May

# 2022

## TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Tinana Group Session</b> Mobility/Maintenance or Skill Session 12:00PM – 1:00PM	4 <b>Tinana Group Fitness Session</b> Cardio/Weights session 12:00PM – 1:00PM	5 <b>Tinana Group Fitness Session</b> Cardio/Weights session 11:00AM – 12:00PM  Pop up clinic - Green Prescription 12:00PM – 1:00PM  HE WAKA TAPU – AOD Te Whaioranga 1:00PM – 2:00PM	6 <b>Tinana Group Session</b> Mobility & Maintenance Session 12:00PM – 1:00PM	7 <b>Tinana Group Fitness Session</b> Cardio/Weights session 7:30AM – 8:30AM
8	9	10 <b>Tinana Group Session</b> Mobility/Maintenance or Skill Session 12:00PM – 1:00PM	11 <b>Tinana Group Fitness Session</b> Cardio/Weights session 12:00PM – 1:00PM  HE WAKA TAPU Hauora Assessments 12:00PM – 2:00PM	12 <b>Tinana Group Fitness Session</b> Cardio/Weights session 11:00AM – 12:00PM	13 <b>Tinana Group Session</b> Mobility & Maintenance Session 12:00PM – 1:00PM	14 <b>Tinana Group Fitness Session</b> Cardio/Weights session 7:30AM – 8:30AM
15	16	17 <b>Tinana Group Session</b> Mobility/Maintenance or Skill Session 12:00PM – 1:00PM	18 <b>Tinana Group Fitness Session</b> Cardio/Weights session 12:00PM – 1:00PM	19 <b>Tinana Group Fitness Session</b> Cardio/Weights session 11:00AM – 12:00PM	20 <b>Tinana Group Session</b> Mobility & Maintenance Session 12:00PM – 1:00PM	21 <b>Tinana Group Fitness Session</b> Cardio/Weights session 7:30AM – 8:30AM
22	23	24 <b>Tinana Group Session</b> Mobility/Maintenance or Skill Session 12:00PM – 1:00PM	25 <b>Tinana Group Fitness Session</b> Cardio/Weights session 12:00PM – 1:00PM  HE WAKA TAPU Hauora Assessments 12:00PM – 2:00PM	26 <b>Tinana Group Fitness Session</b> Cardio/Weights session 11:00AM – 12:00PM	27 <b>Tinana Group Session</b> Mobility & Maintenance Session 12:00PM – 1:00PM	28 <b>Tinana Group Fitness Session</b> Cardio/Weights session 7:30AM – 8:30AM
29	30	31 <b>Tinana Group Session</b> Mobility/Maintenance or Skill Session 12:00PM – 1:00PM				