

November

2021

TINANA COMMUNITY GYM CALENDAR GROUP CLASSES

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

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TINANA COMMUNITY GYM CALENDAR POP UP CLINICS

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