

November

2022

TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Group Session Mobility Session 1:30PM – 2:30PM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	HE WAKA TAPU – AOD 12:00PM – 1:00PM GYM WILL BE CLOSING FROM 1:30PM ONWARDS	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
6	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Group Session Mobility Session 1:30PM – 2:30PM HE WAKA TAPU – #WER WELLNESS 1:00PM – 2:00PM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Private Group Session Closed Group Residential Program 1:30PM – 2:30PM HE WAKA TAPU HAUORA ASSESSMENTS 1:00PM – 3:00PM	GYM CLOSED PUBLIC HOLIDAY	Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
13	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Group Session Mobility Session 1:30PM – 2:30PM HE WAKA TAPU – HEALTH COACH/PCW 10:00AM – 11:00AM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Private Group Session Closed Group Residential Program 1:30PM – 2:30PM HE WAKA TAPU SMOKING CESSATION 10:00AM – 12:00AM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
20	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Group Session Mobility Session 1:30PM – 2:30PM HEART HEALTH AND PULSE CHECKS 9:00AM – 11:00AM HE WAKA TAPU – #WER WELLNESS 1:00PM – 2:00PM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Private Group Session Closed Group Residential Program 1:30PM – 2:30PM HE WAKA TAPU HAUORA ASSESSMENTS 1:00PM – 3:00PM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM
27	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Group Session Mobility Session 1:30PM – 2:30PM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Private Group Session Closed Group Residential Program 1:30PM – 2:30PM	Tinana Group Fitness Session Cardio/Weights session 1:30PM – 2:30PM	Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM