

September

2022

TINANA COMMUNITY GYM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM HE WAKA TAPU – AOD Te Whaioranga 1:00PM – 2:00PM</p> <p>HE WAKA TAPU HAUORA ASSESSMENTS 1:00PM – 3:00PM</p>	<p>2 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>3 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM</p>
4	<p>5 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>6 Tinana Group Session Mobility Session 12:00PM – 1:00PM</p> <p>HE WAKA TAPU – #WER WELLNESS 1:00PM – 2:00PM</p>	<p>7 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p> <p>HE WAKA TAPU – NUTRITION 10:00AM – 12:00PM</p>	<p>8 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM</p>	<p>9 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>10 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM</p>
11	<p>12 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>13 Tinana Group Session Mobility Session 12:00PM – 1:00PM</p> <p>HE WAKA TAPU – HEALTH COACH/PCW 10:00AM – 11:00AM</p>	<p>14 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>15 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM HE WAKA TAPU HAUORA ASSESSMENTS 1:00PM – 3:00PM</p>	<p>16 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>17 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM</p>
18	<p>19 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>20 Tinana Group Session Mobility Session 12:00PM – 1:00PM</p> <p>HE WAKA TAPU – #WER WELLNESS 1:00PM – 2:00PM</p>	<p>21 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p> <p>HE WAKA TAPU SMOKING CESSATION 9:30AM – 10:30AM</p>	<p>22 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM</p>	<p>23 Tinana Group Fitness Session Cardio/Weights session 1:00PM – 2:00PM</p>	<p>24 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM</p>
25		<p>26 Tinana Group Session Mobility Session 12:00PM – 1:00PM</p>		<p>27 Tinana Group Session Skill Session/ Mobility Session 1:30PM – 2:30PM</p> <p>HE WAKA TAPU HAUORA ASSESSMENTS 1:00PM – 3:00PM</p>		<p>30 Tinana Fitness Session Mere-Ana Brenan 7:30AM – 8:30AM</p>