

# TRIMESTER 2

## GROUP EXERCISE TIMETABLE

Monday 11 July - Sunday 13 November 2022

**\*\*NOTE: Classes in red are removed for breaks - Monday 22 August - Sunday 4 September**

# KELBURN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	3XF (FTR)	YOGA	BEGINNER YOGA 3XF (FTR)	HIIT35	SLOW FLOW (YOGA) 3XF (FTR)		
9:30 AM			HIIT35			YOGA	
10:30am						PUMP	YOGA
12:00pm	ZUMBA	PILATES	HIIT35 WOMEN ONLY	BEGINNER YOGA	STRONG		
1:00pm	PILATES	YOGA	1:30pm PILATES	1:30pm PILATES	1:30pm YOGA		
4:00pm	PUMP	STRONG	YOGA	STEP	STEP		3:00pm ZUMBA
5:00pm	YOGA	ZUMBA	STRONG	POWER CARDIO	5:15pm DANCE PARTY		
6:00pm	HIIT BOXING	PUMP		YOGA			

# PIPI TEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30pm	PILATES	HIIT35	PILATES	1:30pm YOGA	PUMP
4:40pm		PILATES			
5:40pm	ACTIVE STRETCH		PUMP	PILATES	

\*3XF IS A SMALL GROUP FUNCTIONAL TRAINING CLASS, PLEASE SEE RECEPTION TO BOOK IN YOUR FREE TRIAL.