

# TRIMESTER 2 GROUP EXERCISE TIMETABLE

Monday 5 July - Sunday 7 November 2021

## KELBURN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 AM	HIIT 35	YOGA	BEGINNER YOGA	HIIT BOXING	YIN YOGA		
9.30 AM			HIIT 35	9.00 AM ZUMBA		YOGA	
12.00 PM	STRONG	PILATES	MEDITATION FREE CLASS	BEGINNER YOGA	STRONG	10.30 AM PUMP	10.30 AM YOGA
1.00 PM	PILATES	BEGINNER YOGA	1.30 PM PILATES	1.30 PM PILATES	YOGA		
4.00 PM	PUMP	STRONG	YOGA	STEP	4.30 PM STEP		3.00 PM ZUMBA
5.00 PM	YOGA	ZUMBA	STRONG	POWER CARDIO	5.30 PM ZUMBA		
6.00 PM	HIIT BOXING	PUMP		YOGA			

## PIPITEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30 PM	PILATES	MEDITATION FREE CLASS	PILATES	HIIT 35	YOGA
4.40 PM			BEGINNER YOGA		
5.40 PM	YOGA	YOGA	PUMP	YOGA	

The reduced timetable will be running from:

**Monday 16 August – Sunday 29 August**

The classes printed in red will **NOT** be operating during these times.