

# KELBURN GROUP EXERCISE TIMETABLE

Off Peak Summer Timetable - Monday 13 October 2025 - Sunday 22 February 2026

\*No classes during the Christmas Closure period - Saturday 20 December 2025 - Sunday 4 January 2026

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM		BEGINNER YOGA		PILATES			
7:30AM							
9:30AM						YOGA 9.20am	
10:30AM						PUMP	
11:00AM							YIN YOGA
12:00PM	PILATES	PILATES	BEGINNER YOGA	STRETCH & STRENGTH			
1:00PM		YOGA		PILATES	YOGA		
3:00PM							
4:00PM		SPIN	YOGA	SPIN	PUMP		
5:00PM	YOGA	HIIT BOXING	ZUMBA	HIIT BOXING	DANCE PARTY		
6:00PM	STRONG			YOGA			

# PIPITEA GROUP EXERCISE TIMETABLE

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
12:30PM	PILATES	HIIT	PILATES		PILATES
4:40PM		PILATES		PILATES	
5:40PM			HIIT		