

SUMMER

University
Recreation

GROUP EXERCISE TIMETABLE

Monday 14 November 2022 - Sunday 19 February 2023

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

KELBURN

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

PIPI TEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30pm	PILATES	HIIT35	PILATES		
4:40pm					
5:40pm			PUMP	PILATES	

**NOTE: No classes will be running during closure period
Wednesday 21 December - Tuesday 10 January**