

KELBURN GROUP EXERCISE TIMETABLE

Peak – (Full Timetable) Monday 26 February- Sunday 2 June, 2024

Off- Peak (Reduced timetable. Classes in red removed) Monday 3 June – Sunday 7 July,2024

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	3XF (FTR)	BEGINNER YOGA	YOGA ----- 3XF (FTR)	PILATES	SPIN (\$)		
7:30AM	SPIN (\$)						
9:30AM						YOGA	
10:30AM						PUMP	YOGA
11:00AM			STAFF ONLY YOGA	SPIN (\$)	3XF (FTR)	3XF (FTR)	
12:00PM	PILATES	PILATES	SPIN (\$)	BEGINNER YOGA	STEP		
1:00PM	ZUMBA	YOGA		PILATES	YOGA		
3:00PM			HIIT BOXING				ZUMBA
4:00PM	PUMP	SPIN (\$)	YOGA	SPIN (\$)	FUNCTIONAL HIIT		
5:00PM	YOGA	PUMP	ZUMBA	HIIT BOXING	DANCE PARTY		
6:00PM	STRONG	STRONG		YOGA			

\$ - Spin is a premium class and an additional fee applies. Spaces are limited and bookings are required. Please enquire at reception for prices and booking process.

PIPITEA GROUP EXERCISE TIMETABLE

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
12:30PM	PILATES	FUNCTIONAL HIIT	PILATES	FUNCTIONAL HIIT	PILATES
4:40PM		PILATES			
5:40PM	POWER CARDIO		PUMP	ACTIVE STRETCH	