

TRIMESTER 1

GROUP EXERCISE TIMETABLE

Monday 20 February 2023 - Sunday 9 July 2023

KELBURN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	3XF (FTR)	BEGINNER YOGA	YOGA 3XF (FTR)	HIIT35	SLOW FLOW YOGA		
9:30 AM			HIIT35			YOGA	
10:30am			11.00am STAFF ONLY YOGA		11.00am 3XF (FTR)	PUMP	YOGA
12:00pm	PILATES	PILATES	12.30pm PILATES	BEGINNER YOGA	STRONG		
1:00pm	ZUMBA	YOGA		PILATES	1:30pm YOGA		
4:00pm	PUMP	HIIT45	YOGA	STEP	STEP		3.00pm ZUMBA
5:00pm	YOGA	PUMP	ZUMBA	POWER CARDIO	DANCE PARTY		
6:00pm	HIIT BOXING	STRONG		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	YOGA	

****NOTE: Classes in red are removed for breaks - Friday 7 April - Sunday 23 April & Monday 26 June - Sunday 9 July**