

# KELBURN GROUP EXERCISE TIMETABLE

## TRIMESTER 2 DATES

Peak – (Full Timetable) Monday 7th July- Sunday 12th October 2025

Off- Peak (Reduced Timetable. Classes in red removed) Monday 13th October - Sunday 22nd February 2026

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	<b>PILATES</b>	<b>BEGINNER YOGA</b>	<b>YOGA</b> ----- 3XF (UR X-FIT)	<b>PILATES</b>	<b>YIN YOGA</b>		
7:45AM							
9:30AM						<b>YOGA</b> 9.20am	
10:30AM						<b>PUMP</b>	
11:00AM			<b>STAFF ONLY</b> <b>YOGA</b>	<b>SPIN30</b>			<b>YIN YOGA</b>
12:00PM	<b>PILATES</b>	<b>PILATES</b>	<b>BEGINNER YOGA</b>	<b>STRETCH &amp; STRENGTH</b>	<b>STRONG</b>		
1:00PM	<b>DANCE PARTY</b>	<b>YOGA</b>		<b>PILATES</b>	<b>YOGA</b>		
4:00PM	<b>PUMP</b>	<b>SPIN</b>	<b>YOGA</b>	<b>SPIN</b>	<b>PUMP</b>		
5:00PM	<b>YOGA</b>	<b>HIIT BOXING</b>	<b>ZUMBA</b>	<b>HIIT BOXING</b>	<b>DANCE PARTY</b>		
6:00PM	<b>STRONG</b>	<b>PUMP</b>		<b>YOGA</b>			

# PIPITEA GROUP EXERCISE TIMETABLE

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
12:30PM	<b>PILATES</b>	<b>HIIT</b>	<b>PILATES</b>	<b>HIIT30</b>	<b>PILATES</b>
3:40PM					
4:40PM		<b>PILATES</b>	<b>YOGA</b>	<b>PILATES</b>	
5:40PM			<b>PUMP</b>		