

TRIMESTER 2 GROUP EXERCISE TIMETABLE

Monday 8 July – Sunday 10 November 2019

KELBURN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 AM	HIIT	YOGA	YOGA ●	8.00 AM ZUMBA	STRETCH		
9.00 AM			YOGA			9.30 AM YOGA	
12.00 PM	ZUMBA	PILATES	MEDITATION-FREE HIIT BOXING ◆	YOGA ●	STRONG CHICK FIT	10.30 AM PUMP	10.30 AM YOGA
1.00 PM	PILATES	POWER	PILATES	PILATES	YOGA		3.00 PM ZUMBA
4.00 PM	PUMP	STRONG ◆	4.15 PM YOGA	STEP	4.30 PM STEP		
5.00 PM	YOGA	ZUMBA	5.15 PM STRONG	POWER CARDIO	5.30 PM ZUMBA		
6.00 PM	HIIT BOXING	PUMP		YOGA			

Beginner's Class ●

30 Minute Express Class ◆

PIPITEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.30 AM				YIN YOGA	
12.30 PM	PILATES	MEDITATION - FREE	PILATES	HIIT ◆	YOGA
4.40 PM		5.10 PM HIIT ◆	YOGA ●		
5.40 PM	YOGA	YOGA	HIIT ◆	STRONG	

A reduced timetable will be running from **Monday 19 August - Sunday 1 September**.
The classes printed in red **WILL NOT** be operating during these times.