

# KELVIN GROVE GROUP FITNESS TIMETABLE

| MON                                       | TUES                                     | WED                                                 | THURS                                    | SAT                                               |
|-------------------------------------------|------------------------------------------|-----------------------------------------------------|------------------------------------------|---------------------------------------------------|
| <div>HIIT CIRCUIT<br/>6-7 AM</div>        | <div>SPIN, TONE, CORE<br/>6-7 AM</div>   | <div>PILATES<br/>6-7 AM</div>                       | <div>FUNCTIONAL FITNESS<br/>6-7 AM</div> | <div>TOTALFIT<br/>8:30-9:30 AM</div>              |
| <div>FUNCTIONAL FITNESS<br/>12-1 PM</div> | <div>PILATES<br/>12-1 PM</div>           | <div>SENIORS STRENGTH FOR LIFE<br/>11AM-12 PM</div> | <div>YOGA<br/>12-1 PM</div>              | <div>SPIN &amp; ABS BLAST<br/>9:30-10:30 AM</div> |
| <div>HIIT CIRCUIT<br/>5:30-6:30 PM</div>  | <div>CARDIO BLAST<br/>5:30-6:30 PM</div> | <div>YOGA<br/>5:30-6:30 PM</div>                    | <div>PILATES<br/>5:30-6:30 PM</div>      |                                                   |
| <div>YOGA<br/>6:30-7:30 PM</div>          | <div>YOGA<br/>6:30-7:30 PM</div>         |                                                     |                                          |                                                   |

CARDIO

STRENGTH

MIND & BODY

\*All group fitness classes are subject to instructor availability