

# KELVIN GROVE FITNESS TIMETABLE



**MON**

**TUES**

**WED**

**THURS**

**FRI**

**HIIT CIRCUIT**  
6-7 AM  
STUDIO 1

**SPIN, TONE, CORE**  
6-7 AM  
STUDIO 1

**MOBILITY AND STABILITY**  
6-7 AM  
STUDIO 1

**FUNCTIONAL FITNESS**  
6-7 AM  
STUDIO 1

**SQUADFIT**  
6-7AM  
POOL

**SQUADFIT**  
6-7 AM  
POOL

**PILATES**  
12-1 PM  
STUDIO 1

**SQUADFIT**  
6-7 AM  
POOL

**YOGA**  
12-1 PM  
STUDIO 1

**AQUA AEROBICS**  
10-11 AM  
POOL

**CARDIO BLAST**  
5:30-6:30 PM  
STUDIO 1

**SQUADFIT**  
7-8 AM  
POOL

**PILATES**  
5:30-6:30 PM  
STUDIO 1

**SAT**

**AQUA AEROBICS**  
11 AM-12 PM  
POOL

**YOGA**  
6:30-7:30 PM  
STUDIO 1

**AQUA AEROBICS**  
8:30-9:30 AM  
POOL

**TOTALFIT**  
8:30-9:30 AM  
STUDIO 1

**FUNCTIONAL FITNESS**  
12-1 PM  
STUDIO 1

**AQUA AEROBICS**  
9:30-10:30 AM  
POOL

**SPIN & ABS BLAST**  
9:30-10:30 AM  
STUDIO 1

**HIIT CIRCUIT**  
5:30-6:30 PM  
STUDIO 1

**YOGA**  
5:30-6:30 PM  
STUDIO 1

**YOGA**  
6:30-7:30 PM  
STUDIO 1

**CARDIO**

**STRENGTH**

**MIND & BODY**

**POOL**