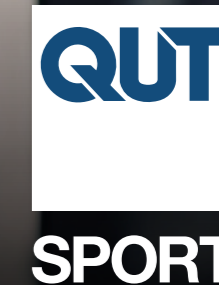


# KELVIN GROVE FITNESS TIMETABLE



## MON

## TUES

## WED

## THURS

## FRI

## SAT

**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

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

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

**PILATES**  
12-1 PM  
STUDIO 1

**SQUADFIT**  
7-8 AM  
POOL

**YOGA**  
12-1 PM  
STUDIO 1

**QUICKBOX**  
12-12:45 PM  
STUDIO 1

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

**QUICKBOX**  
4:15-5 PM  
STUDIO 1

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

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

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

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

**BOXING FOR  
PARKINSONS**  
11 AM-12 PM  
STUDIO 1

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

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

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

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

CARDIO

STRENGTH &  
BOXING

MIND &  
BODY

POOL