

Kelvin Grove Fitness Timetable



MON

TUE

WED

THU

FRI

HIIT CIRCUIT
6 - 7AM
STUDIO 1

SPIN 20-20-20
6 - 7AM
STUDIO 1

BODYCOMBAT®
6 - 7AM
STUDIO 1

BODYPUMP®
6 - 7AM
STUDIO 1

SQUAD FIT
6 - 7AM
POOL

SQUAD FIT
6 - 7AM
POOL

PILATES
12 - 1PM
STUDIO 1

SQUAD FIT
6 - 7AM
POOL

AQUA AEROBICS
9:45 - 10:45AM
POOL

YOGA
7:30 - 8:30AM
STUDIO 1

AQUA AEROBICS
11AM - 12PM
POOL

QUICK BOX
4:15 - 5PM
STUDIO 1

AQUA AEROBICS
10-11AM
POOL

YOGA
12 - 1PM
STUDIO 1

SAT

FUNCTIONAL STRENGTH
12 - 1PM
STUDIO 1

YOGA
6:30 - 7:30PM
STUDIO 1

BOXING FOR PARKINSONS
11AM - 12PM
STUDIO 1

BODYCOMBAT®
5:30 - 6:30PM
STUDIO 1

BODYPUMP®
8:30 - 9:30AM
STUDIO 1

BOXING FOR PARKINSONS
1 - 2PM
STUDIO 1

SPIN CLASS
5:30 - 6:15PM
STUDIO 1

PILATES
6:30 - 7:30PM
STUDIO 1

BODYCOMBAT®
9:30 - 10:30AM
STUDIO 1

BODYPUMP®
5:30 - 6:30PM
STUDIO 1

YOGA
6:30 - 7:30PM
STUDIO 1

YOGA
6:30 - 7:30PM
STUDIO 1

CARDIO

STRENGTH & BOXING

MIND & BODY

POOL