

KELVIN GROVE FITNESS TIMETABLE



MON	TUES	WED	THURS	FRI
HIIT CIRCUIT 6-7 AM STUDIO 1	SPIN, TONE, CORE 6-7 AM STUDIO 1	PILATES 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	AQUA AEROBICS 8:30-9:30 AM POOL	PILATES 5:30-6:30 PM STUDIO 1	
AQUA AEROBICS 11 AM-12 PM POOL	YOGA 6:30-7:30 PM STUDIO 1	AQUA AEROBICS 9:30-10:30 AM POOL		SAT
FUNCTIONAL FITNESS 12-1 PM STUDIO 1		YOGA 5:30-6:30 PM STUDIO 1		TOTALFIT 8:30-9:30 AM STUDIO 1
HIIT CIRCUIT 5:30-6:30 PM STUDIO 1				SPIN & ABS BLAST 9:30-10:30 AM STUDIO 1
YOGA 6:30-7:30 PM STUDIO 1				

*All group fitness classes are subject to instructor availability

CARDIO

STRENGTH

MIND & BODY

POOL