

TEMPORARY KELVIN GROVE GROUP FITNESS TIMETABLE

Effective **Monday 30 November** to **Sunday 13 December**, fitness classes will temporarily relocate to the **KG Indoor Sport Courts** , located on Level 2 directly above the gym, while the gym is closed for new equipment installation.

MON	TUES	WED	THURS	SAT
HIIT CIRCUIT 6-7 AM	**SPIN, TONE, CORE** 6-7 AM	**PILATES** 6-7 AM	**FUNCTIONAL FITNESS** 6-7 AM	**TOTALFIT** 8:30-9:30 AM
	YOGA 5:30-6:30 PM		**PILATES** 5:30-6:30 PM	

CARDIO **STRENGTH** **MIND & BODY**

*All group fitness classes are subject to instructor availability

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