

KELBURN GROUP EXERCISE TIMETABLE

Off Peak Summer Timetable - Monday 14 October - Sunday 23 February 2025

*No classes during the Christmas Closure period - Saturday 21 December - Sunday 5 January

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	3XF (FTR)	BEGINNER YOGA	3XF (FTR)	PILATES	SPIN (\$)		
7:30AM							
9:30AM				3XF (FTR)		YOGA 9.20am	
10:30AM						PUMP	
11:00AM							
12:00PM	PILATES	PILATES	PILATES	BEGINNER YOGA	DANCE PARTY		
1:00PM		YOGA		PILATES	YOGA		
3:00PM							
4:00PM	PUMP	SPIN (\$)	YOGA	SPIN (\$)			
5:00PM	YOGA	PUMP	ZUMBA	HIIT BOXING	DANCE PARTY		
6:00PM	STRONG			YOGA			

\$ - Spin is a premium class and an additional fee applies. Please enquire at reception for prices

PIPITEA GROUP EXERCISE TIMETABLE

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
12:30PM	PILATES	FUNCTIONAL HIIT	PILATES		PILATES
4:40PM					
5:40PM			PUMP		