

KELBURN GROUP EXERCISE TIMETABLE

Peak - (Full Timetable) Monday 8 July - Sunday 13 October 2024

Off- Peak (Reduced Timetable. Classes in red removed) Monday 14 October - Sunday 23 February 2025

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

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

PIPITEA GROUP EXERCISE TIMETABLE

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