


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|--|---|
| 8.00am - 8.45am Studio Circuit | 9.15am - 10.00am Weighted Workout | 7.00am - 7.30am Express Body Combat | 8.30am - 9.00am Easy Moves | 7.00am - 7.45am Boxercise | 8.15am - 9.15am Back & Active | 8.45am - 9.45am Tai Chi |
| 9.15am - 10.00am Easy Moves | 10.00am - 10.45am Group Cycle & Core | 9.15am - 10am Boot Camp | 9.20am - 10.20am Legs, Bums & Tums | 8.00am - 8.45am Studio Circuit | 8.45am - 9.15am Group Cycle | 9.15am - 9.45am Virtual Group Cycle |
| 9.15am - 10.00am Boxercise | 10.15am - 11.15am Pilates | 9.15am - 10.00am Zumba | 9.30am - 10.15am Strength Boot Camp | 9.00am - 10.00am Yoga | 9.30am - 10.00am Easy Cycle & Stretch | 10.00am - 10.45am Weighted Workout |
| 9.30am - 10.00am Group Cycle | 5.30pm - 6.15pm Body Pump Express | 10.00am - 10.45am Group Cycle & Stretch | 9.30am - 10.15am Group Cycle & Core | 9.15am - 10.00am Boot Camp | 9.30am - 10.15am Body Combat | 11.00am - 11.45am Zumba |
| 10.15am - 11.00am Body Pump Express | 6.30pm - 7.15pm Boxercise | 10.15am - 11.15am Yoga | | 10.00am - 10.45am Group Cycle & Stretch | 10.30am - 11.30am Body Pump | 12.00pm - 12.45pm Pilates |
| 12.00pm - 1.00pm Yoga | 6.30pm - 7.15pm Group Cycle | 5.30pm - 6.15pm Pilates | | 10.15am - 11.00am Zumba | 11.45am - 12.45pm Body Balance | |
| 5.30pm - 6.15pm Pilates | 6.30pm - 7.15pm Body Combat | 6.30pm - 7.15pm Weighted Workout | 6.00pm - 6.45pm Body Pump Express | 5.30pm - 6.15pm Pilates | | |
| 6.30pm - 7.10pm Easy Cycle & Stretch | 7.30pm - 8.30pm Body Balance | 6.45pm - 7.15pm Group Cycle | 6.30pm - 7.15pm Boot Camp | | |  clubkingswood Health, Fitness and Spa |
| 6.30pm - 7.15pm Legs, Bums & Tums | | 7.00pm - 7.45pm Boot Camp | 7.00pm - 8.00pm Pilates | | | |
| 7.30pm - 8.30pm Yoga | | 7.30pm - 8.30pm Yoga Flow For All | | | | |
| | | | | | | |



Cardio



Holistic



Group Cycle



Conditioning
/ Strength