


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 - 10.00am Group Cycle & Core
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	10.10am - 10.50am Total Body 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