

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am - 8.45am Studio Circuit			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	9.15am - 10.00am Weighted Workout	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	10.00am - 10.45am Group Cycle & Core	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	10.15am - 11.15am Pilates	10.00am - 10.45am Group Cycle & Stretch	9.30am - 10.15am Group Cycle & Core	9.15am - 10.00am Boot Camp	10.00am - 11.00am Body Pump	11.00am - 11.45am Zumba
10.15am - 11.00am Body Pump Express	5.30pm - 6.15pm Body Pump Express	10.15am - 11.15am Yoga		10.00am - 10.45am Group Cycle & Stretch	11.15am - 12.15pm Body Balance	12.00pm - 12.45pm Pilates
12.00pm - 1.00pm Yoga		5.30pm - 6.15pm Pilates		10.15am - 11.00am Zumba		
5.30pm - 6.15pm Pilates	6.30pm - 7.15pm Group Cycle	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	6.30pm - 7.15pm Body Combat		6.30pm - 7.15pm Boot Camp			 clubkingswood Health, Fitness and Spa
6.30pm - 7.15pm Legs, Bums & Tums	7.30pm - 8.30pm Body Balance	7.00pm - 7.45pm Boot Camp	7.00pm - 8.00pm Pilates			
7.30pm - 8.30pm Yoga		7.30pm - 8.30pm Yoga				



Cardio



Holistic



Group Cycle



Conditioning
/ Strength