



Monday

Boxercise
7.00-7.45pm
Kim

Tuesday

Beginners Boxercise
6:45-7:30pm
Kim

Wednesday

Fit and Healthy
Boxercise
10:00 – 10:45am
Kim

Thursday

Fit and Healthy
Circuits
11:00 – 11:45am
Kim

Beginners Boxercise
5:15 – 6:00pm
Kim

Friday

Flex stretch and
balance
11.00 – 11.30am
Kim

Flex stretch and
balance
5:15 – 5:45pm
Kim

Saturday

Beginners Boxercise
11:00-11:45am
Kim

Sunday

KWPT

KW PERSONAL TRAINING