

GROUP FITNESS TIMETABLE

**KELVIN
GROVE**
Fitness & Aquatic



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	Functional Blast 30min Trev	Body Attack 30min Emily	HIIT Cycle 30min Min	Body Pump 45min Amanda	Pilates 1hr Lachie		
6:45AM	HIIT Cycle 30min Trev	Body Pump 30min Emily	Abs Blast 30min Min				
7:15AM		Small Group Training 'Core' 30min TBC		Small Group Training 'Booty' 30min Gabe			
9:15AM			Small Group Training 'The Works' 30min Ash			9:10am Body Combat 1hr Min	
12:15PM	Yoga 45min Ash	Body Attack 45min Ash	Body Pump 45min Nancy	Cycle/Func 45min Trev	Boxing 45min Peri	10:15am Body Pump 1hr Dal	
4:30PM	Small Group Training 'Shred' 30min Gabe			Small Group Training 'Booty' 30min Gabe			
5:30PM		Body Combat 1hr Min	Body Pump 1hr Dal				
6:15PM	Zumba 1hr Becky			Yogalates 1hr Lachie			
6:35PM		Small Group Training 'Core' 30min TBC	Small Group Training 'The Works' 30min TBC				