

KELBURN GROUP EXERCISE TIMETABLE

TRIMESTER 1 DATES

Peak – (Full Timetable) Monday 24th February- Sunday 1st June 2025

Off- Peak (Reduced Timetable. Classes in red removed) Monday 2nd June - Sunday 6th July 2025

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	3XF (FTR)	BEGINNER YOGA	YOGA ----- 3XF (FTR)	PILATES	SPIN		
7:45AM				3XF (FTR)			
9:30AM						YOGA	
10:30AM						PUMP	
11:00AM			STAFF ONLY YOGA	SPIN30			
12:00PM	PILATES	PILATES	BEGINNER YOGA	STRETCH & STRENGTH	STRONG		ZUMBA
1:00PM	DANCE PARTY	YOGA		PILATES	YOGA		
4:00PM	PUMP	SPIN	YOGA	SPIN	PUMP		
5:00PM	YOGA	HIIT BOXING	ZUMBA	HIIT BOXING	DANCE PARTY		
6:00PM	STRONG	PUMP		YOGA			

PIPITEA GROUP EXERCISE TIMETABLE

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
12:30PM	PILATES	HIIT	PILATES	HIIT30	PILATES
3:40PM	HIIT30				
4:40PM		PILATES			
5:40PM			PUMP	PILATES	