



CHRISTMAS & NEW YEARS

FITNESS TIMETABLE

Kelvin Grove Fitness and Aquatic

	MON 20 DEC	TUE 21 DEC	WED 22 DEC	THU 23 DEC	FRI 24 DEC	SAT 25 DEC XMAS DAY	SUN 26 DEC BOXING DAY
6:00 AM	RPM	BODYPUMP	BODYCOMBAT	BODYPUMP	PILATES		
9:45 AM				AQUA			
10:00 AM			AQUA				
11:00 AM	AQUA						
12:00 PM	BODYPUMP			YOGA			
5:30 PM	BODYPUMP	YOGA	RPM	PILATES			
	MON 27 DEC	TUE 28 DEC	WED 29 DEC	THU 30 DEC	FRI 31 DEC	SAT 01 JAN NEW YEARS DAY	SUN 02 JAN
6:00 AM			BODYCOMBAT	BODYPUMP	PILATES		
9:30 AM							YOGA
9:45 AM				AQUA			
10:00 AM			AQUA				
11:00 AM							
12:00 PM				YOGA			
5:30 PM			RPM	PILATES			
	MON 03 JAN	TUE 04 JAN	WED 05 JAN	THU 06 JAN	FRI 07 JAN	SAT 08 JAN	SUN 09 JAN
6:00 AM		BODYPUMP	BODYCOMBAT	BODYPUMP	PILATES		
8:30 AM						BODYPUMP	
9:30 AM						BODYCOMBAT	YOGA
9:45 AM							
10:00 AM			AQUA				
11:00 AM							
12:00 PM				YOGA			
5:30 PM		YOGA	RPM	PILATES			