

FS

Kilburn Park

Class Timetable

Monday

06:00 – 07:00	Fit Camp	Burn / Sculpt	60 mins
07:00 – 08:00	Connect Bike	Burn	60 mins
19:30 – 20:30	Hot Yoga	Spirit	60 mins

Tuesday

06:00 – 07:00	Fit Camp	Burn / Sculpt	60 mins
18:00 – 19:00	Circuits	Sculpt	60 mins
19:30 – 20:30	Connect Bike	Burn	60 mins

Wednesday

06:00 – 07:00	Fit Camp	Burn / Sculpt	60 mins
07:00 – 08:00	Connect Bike	Burn	60 mins
19:00 – 20:00	Connect Bike	Burn	60 mins
20:30 – 21:30	Hot Yoga	Spirit	60 mins

Thursday

06:00 – 07:00	Fit Camp	Burn / Sculpt	60 mins
18:00 – 19:00	Circuits	Sculpt	60 mins
19:15 – 19:45	Connect Bike	Sculpt	30 mins
20:00 – 20:45	HIIT the Deck	Sculpt	45 mins

Friday

06:00 – 07:00	Fit Camp	Burn / Sculpt	60 mins
07:00 – 08:00	Connect Bike	Burn	60 mins

Saturday

09:00 – 10:00	Connect Bike	Burn	60 mins
10:30 – 11:30	Hot Yoga	Spirit	60 mins
12:00 – 12:45	HIIT the Floor	Sculpt	45 mins

Sunday

09:00 – 10:00	Connect Bike	Burn	60 mins
10:00 – 11:00	Pilates	Spirit	60 mins