



Class

Monday

Zumba
BodyPump
Bums Legs n Tums
Abs Blast for members
Zumba
BodyAttack
Ab Attack
KPH

Time

10.00-11.00am
6.00-7.00pm
6.00-7.00pm
6.45-7.00pm
7.00-8.00pm
7.10-8.10pm
8.00-8.30pm
6.00-6.45pm

Venue

Studio 1
Studio 1
Studio 2
Gym
Studio 2
Studio 1
Studio 2
KPH Cycling Arena

Instructor

Anna
Tim
Cath

Christine
Tim
Damian & Jon
Richard

Tuesday

Pilates
Fitbox Circuit
Pilates
Attack & Tone
PoleDancing
Zumba - Advanced
KPH
KPH

10.00-11.00am
6.00-7.00pm
6.00-7.00pm
7.00-8.00pm
7.15-8.15pm
8.15-9.15pm
6.00-6.45pm
7.00-7.45pm

Studio 2
Studio 1
Studio 2
Studio 2
Studio 1
Studio 1
KPH Cycling Arena
KPH Cycling Arena

Anna
Jon
Ingrid
Brienne
Charlotte
Brienne
James
James

Wednesday

!!! Zumba
Kids Street Dance **NEW**
BodyPump
Zumba
Abs Blast for members
Bums Legs n Tums
Step
KPH

10.00-11.00am
4.00-5.00pm
6.00-7.00pm
6.00-7.00pm
6.45-7.00pm
7.00-8.00pm
7.00-8.00pm
6.00-6.45pm

Studio 2
Studio 1
Studio 1
Studio 2
Gym
Studio 2
Studio 1
KPH Cycling Arena

Brienne
Brienne
Tim
Brienne

Jayne
Tim
JK

Thursday

KPH
Pilates
Zumba
Pilates
Abs Blast for members
Ultimate Body Conditioning
KPH

6.45-7.30am
9.30-10.30am
6.00-7.00pm
6.00-7.00pm
6.45-7.00pm
7.00-8.00pm
6.00-6.45pm

KPH Cycling Arena
Studio 2
Studio 1
Studio 2
Gym
Studio 1
KPH Cycling Arena

Jon
Lisa
Brienne
Leon

Damian & Jon
JK

Friday

KPH
Karate (Shokotan) - Children & Adults

12.15-1.00pm
6.00-7.30pm

KPH Cycling Arena
Studio 1

Paul
James

Saturday

BodyAttack
Zumba
Running Club
BodyPump
Generation Zumba
!!! Kids Tae Kwon Do **NEW**
Tae Kwon Do
KPH

10.00-11.00am
10.00-11.00am
11.00-12.00am
11.10-12.10pm
1.30-2.30pm
3.00-4.00pm
4.00-5.30pm
10.15-11.00am

Studio 1
Studio 2
Outside
Studio 1
Studio 1
Studio 1
Studio 1
KPH Cycling Arena

Tim
Christine
Richard
Tim
Brienne
Paul
Paul
Richard

Sunday

KPH
BodyPump

10.00-10.45am
11.00-12.00pm

KPH Cycling Arena
Studio 1

Jon
Jon