# KIMBERLEY LEISURE CENTRE

## Group Exercise Timetable

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6:45AM - 7:30AM</strong></td>
<td><strong>6:45AM - 7:15AM</strong></td>
<td><strong>6:45AM - 7:30AM</strong></td>
<td><strong>7:00AM - 7:30AM</strong></td>
<td><strong>6:45AM - 7:45AM</strong></td>
<td><strong>8:15AM - 8:45AM</strong></td>
<td><strong>6:15PM - 6:45PM</strong></td>
</tr>
<tr>
<td><strong>7:00AM - 7:30AM</strong></td>
<td><strong>7:30AM - 8:00AM</strong></td>
<td><strong>7:45AM - 8:15AM</strong></td>
<td><strong>8:00AM - 9:00AM</strong></td>
<td><strong>7:45AM - 9:00AM</strong></td>
<td><strong>8:30AM - 9:45AM</strong></td>
<td><strong>6:15PM - 7:00PM</strong></td>
</tr>
<tr>
<td><strong>8:00AM - 8:45AM</strong></td>
<td><strong>8:00AM - 9:00AM</strong></td>
<td><strong>8:30AM - 9:00AM</strong></td>
<td><strong>8:45AM - 9:00AM</strong></td>
<td><strong>8:30AM - 9:00AM</strong></td>
<td><strong>9:00AM - 9:45AM</strong></td>
<td><strong>7:45PM - 8:15PM</strong></td>
</tr>
</tbody>
</table>

**Note:**
- **HIIT**
- **BTT**
- **Kick A.S.S.**
- **Aerobic Circuit**
- **Flexibility**
- **Body Bar**
- **Core Stability**
- **Circuits**
- **Strength**
- **Kettlebells**
- **Boxercise**
- **Low Impact Circuit**
- **Tone Zone**
- **Aeromix**
- **Bootcamp**

**Studio:**
- **1**
Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

The original barbell workout for anyone looking to get lean, toned and fit – fast.

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

KIMBERLEY LEISURE CENTRE
Group Exercise Timetable