



**clubkingswood**

Health, Fitness and Spa

# CLASS TIMETABLE



01268 522954 | [WWW.CLUBKINGSWOOD.CO.UK](http://WWW.CLUBKINGSWOOD.CO.UK) | [INFO@CLUBKINGSWOOD.CO.UK](mailto:INFO@CLUBKINGSWOOD.CO.UK)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am - 8.45am Studio Circuit	9.15am - 10.00am Weighted Workout	9.15am - 10am Boot Camp	8.30am - 9.00am Easy Moves	7.15am - 8.00am Boxercise	8.15am - 9.15am Back & Active	8.45am - 9.45am Tai Chi
9.15am - 10.00am Easy Moves	10.00am - 10.45am Group Cycle & Core	9.15am - 10.00am Zumba	9.20am - 10.20am Legs, Bums & Tums	8.00am - 8.45am Studio Circuit	8.45am - 9.15am Group Cycle	9.00am - 9.45am Group Cycle
9.15am - 10.00am Boxercise	10.15am - 11.15am Pilates	10.00am - 10.45am Group Cycle	9.30am - 10.15am Boot Camp	9.00am - 10.00am Yoga	9.30am - 10.15am Body Combat	10.00am - 10.45am Weighted Workout
9.30am - 10.00am Group Cycle	5.30pm - 6.15pm Body Pump Express	10.15am - 11.15am Yoga	9.30am - 10.15am Group Cycle & Core	9.15am - 10.00am Boot Camp	9.30am - 10.15am Group Cycle	11.00am - 11.45am Zumba
10.15am - 11.15am Body Pump	6.00pm - 6.45pm Boxercise	5.30pm - 6.15pm Pilates		10.00am - 10.45am Group Cycle & Stretch	10.30am - 11.30am Body Pump	
12.00pm - 1.00pm Yoga	6.30pm - 7.15pm Group Cycle			10.15am - 11.00am Zumba	11.45am - 12.45pm Body Balance	
5.30pm - 6.15pm Pilates	6.30pm - 7.15pm Body Combat	6.30pm - 7.15pm Weighted Workout	6.00pm - 6.45pm Body Pump Express	5.30pm - 6.15pm Pilates		
5.45pm - 6.15pm Group Cycle	7.30pm - 8.30pm Body Balance	6.45pm - 7.30pm Group Cycle	6.30pm - 7.15pm Boot Camp	6.30pm - 7.30pm Self Defence		
6.30pm - 7.15pm Legs, Bums & Tums		7.00pm - 7.45pm Boot Camp	7.00pm - 8.00pm Pilates			 <b>clubkingswood</b> Health, Fitness and Spa
7.30pm - 8.30pm Yoga		7.30pm - 8.30pm Yoga Flow For All				



Cardio



Holistic



Group Cycle



Conditioning  
/ Strength