

KOHLER WATERS FITNESS

TIMETABLE

KOHLER
Waters
FITNESS.

MONDAY 06:00-21:00

07:00-07:45 | Breakfast Run*
08:00-09:00 | Pilates**
08:30-09:00 | AquaFit
09:00-09:30 | AquaFit
09:00-10:00 | Pilates**
10:15-11:00 | CoreFit
11:15-12:00 | CardioSculpt
17:15-18:00 | KettleFit
18:00-18:30 | Cardio Blast
19:00-20:00 | Yoga: Stretch and Unwind

TUESDAY 06:00-21:00

07:00-07:45 | BikeFit
08:30-09:00 | AquaFit
09:00-09:30 | AquaFit
10:15-11:00 | Cardio Sculpt
17:15-18:00 | BikeFit
18:00-18:30 | Circuit

WEDNESDAY 06:00-21:00

07:00-07:45 | BikeFit
08:15-09:00 | Floor Barre Women
08:30-09:00 | AquaFit
09:00-09:30 | AquaFit
09:00-09:45 | Floor Barre Men
10:00-11:00 | Yoga: Hatha Flow
10:15-11:00 | Outdoor Training*
11:15-11:45 | Stretch and Tone
17:15-18:00 | Strength and Conditioning
18:00-18:30 | CoreFit

THURSDAY 06:00-21:00

07:00-07:45 | Cardio Sculpt
08:30-09:00 | AquaFit
09:00-09:30 | AquaFit
10:15-11:00 | Strength and Conditioning
13:00-14:00 | Pilates
17:15-18:00 | BoxFit
18:00-18:30 | PumpFit

FRIDAY 06:00-21:00

07:00-07:45 | BikeFit
08:00-09:00 | Pilates**
08:30-09:15 | AquaZumba
09:00-10:00 | Pilates**
10:15-11:00 | Circuit*
11:15-12:15 | Yoga: Vinyasa Flow

SATURDAY 06:00-21:00

09:00-09:45 | BikeFit
10:15-11:15 | Yoga

SUNDAY 06:00-21:00

09:00-09:45 | BikeFit
10:15-10:45 | Stretch and Tone

* Outdoor class – Weather dependant

** Maximum booking of two pilates classes per week