

# KOHLER WATERS FITNESS TIMETABLE

K O H L E R  
*Waters*  
F I T N E S S .

## 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 | Circuit

18:15 – 19:15 | 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 | BikeFit

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 | PreHab

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