

KOHLER WATERS FITNESS TIMETABLE



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 – 09:15 | AquaZumba
- 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