

KELSO CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUAFIT 10:00 - 10:45 Swimming Pool	PILATES 09:15 - 10:00 Kelso Tait Hall	CORE 09:15 - 09:45 Swimming Pool Gym	TOTAL TONE 09:15 - 10:00 Kelso Tait Hall	GYM CIRCUITS 09:00 - 09:45 Swimming Pool Gym
CIRCUITS 18:00 - 18:45 Kelso High School	AQUAFIT 10:00 - 10:45 Swimming Pool	AQUAFIT 10:00 - 10:45 Swimming Pool	YOGA 10:15 - 11:30 Kelso Tait Hall	GROUP CYCLE 17:30 - 18:00 Kelso High School
ABS BLAST 18:50 - 19:20 Kelso High School	CIRCUITS 18:00 - 18:45 Kelso High School	GROUP CYCLE 17:30 - 18:00 Kelso High School	HIIT STEP 18:00 - 18:45 Kelso High School	CIRCUITS 18:10 - 18:40 Kelso High School
YOGA 19:00 - 20:15 Kelso Tait Hall	CONDITION & TONE 18:55 - 19:25 Kelso High School	BOXERCISE 18:10 - 18:55 Kelso High School	STRETCH & TONE 18:55 - 19:40 Kelso High School	SATURDAY
		AQUAFIT 19:15 - 20:00 Swimming Pool		GROUP CYCLE 09:00 - 09:45 Kelso High School