

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 18:55 - 19:40 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 GROUP CYCLE 09:00 - 09:45 Kelso High School |
| | | AQUAFIT 19:15 - 20:00 Swimming Pool | | |