



KNIGHTSBROOK  
HOTEL SPA & GOLF RESORT

# FITNESS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	SPIN 30 MINS	30/30 1 HR	SPIN 30 MINS	S&C 45 MINS	HIIT STEP 1 HR	
7:00AM	HIIT 30 MINS		CORE 30 MINS			8:30AM SATURDAY SMASH
9:30AM	SPIN 30 MINS	HIIT STEP 1 HR	SPIN 30 MINS	HIIT STEP 1 HR	SPIN 30 MINS	SPIN 30 MINS
10:00AM	CIRCUITS 40 MINS		ARMS & CORE 40 MINS		BODY SCULPT 40 MINS	10:30AM HEALTHY FOR LIFE 45 MINS
11:00AM	AQUA AEROBICS 45 MINS	HEALTHY FOR LIFE 40 MINS	AQUA AEROBICS 45 MINS	HEALTHY FOR LIFE 40 MINS	AQUA AEROBICS 45 MINS	
6:30PM	SPIN 30 MINS	BOX FIT 45 MINS	HIIT 45 MINS	HIIT STEP 45 MINS	SPIN 30 MINS	
7:30PM	7PM BLT 45 MINS	AQUA AEROBICS 45 MINS	SPIN 45 MINS	STRETCH N' FLOW 30 MINS		

**BOOKING IS MANDATORY - MINIMUM 2 FOR CLASS TO GO AHEAD - 4 FOR AQUA AEROBICS**  
**ENTRY CAN BE DENIED IF NOT BOOKED IN**  
**CLASSES ARE SUBJECT TO CHANGE**  
**BOOK ON 'LEGITFIT' APP OR PHONE 046-9482117**