

KEPT FIT

TIMETABLE

MON TUES WED THURS FRI SAT

6am

Circuit

Boxing

8am

Tabata

9.10am

**Butts,
Tummies
&Thighs**

Boxing

Hiit

10am

**Active
Adults**

**Active
Adults**

**Active
Adults**

6.30pm

Matrix

Hiit