

**KINGSWAY TIMETABLE REOPEN SEP 2020**

Day	Time	Location	class
Monday			
1.	<b>07:15 – 07:45</b>	<b>Kingsway</b>	<b>Cycle</b>
2.	<b>18:15 – 19:00</b>	<b>Kingsway</b>	<b>Cycle + Abs</b>
3.	<b>19:15 – 20:00</b>	<b>Kingsway</b>	<b>Power</b>
Tuesday			
4.	<b>09:15 – 10:00</b>	<b>Kingsway</b>	<b>Gentle Aerobics</b>
5.	<b>16:15 – 16:45</b>	<b>Kingsway</b>	<b>Teen Class</b>
6.	<b>18:15 - 19:00</b>	<b>Kingsway</b>	<b>Circuits</b>
7.	<b>19:15 - 19:45</b>	<b>Kingsway</b>	<b>Cycle &amp; HIIT</b>
Wednesday			
8.	<b>09:15 - 10:00</b>	<b>Kingsway</b>	<b>Circuits</b>
9.	<b>18:45 – 19:30</b>	<b>Kingsway</b>	<b>Legs, Bums &amp; Tum's</b>
Thursday			
10.	<b>09:15 – 10:00</b>	<b>Kingsway</b>	<b>HIIT</b>
11.	<b>18:15 – 19:15</b>	<b>Kingsway</b>	<b>Box fit</b>
12.	<b>19:20 – 19:50</b>	<b>Kingsway</b>	<b>Cycle</b>
Friday			
13.	<b>09:15 - 10:00</b>	<b>Kingsway</b>	<b>Cycle + Abs</b>
14.	<b>18:15 – 19:00</b>	<b>Kingsway</b>	<b>Cycle + HIIT</b>
Saturday			
15.	<b>09:15 – 10:00</b>	<b>Kingsway</b>	<b>Boot camp</b>
Sunday			
16.	<b>09:15 – 10:00</b>	<b>Kingsway</b>	<b>Stretch &amp; Ab's</b>