



VIRTUAL CLASS TIMETABLE

Access our **FREE** virtual classes on
Kingsway Leisure Centre's Facebook page

Monday	
9:30am	HIIT
12:30pm	Gentle Aerobics
Tuesday	
9:30am	LBT
12:30pm	Gentle Aerobics
Wednesday	
9:30am	Abs
12:30pm	Gentle Aerobics
Thursday	
9:30am	Toning class / Kettle Bell workout
12:30pm	Gentle Aerobics
Friday	
9:30am	Abs & Stretch
12:30pm	Gentle Aerobics
Saturday	
9:30am	Bootcamp
Sunday	
9:30am	Yoga