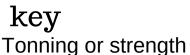
KV FITNESS CLUB CLASS SCHEDULE

August 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Outdoor bootcamp	555	Kettle Bell circuit	
08:10-08:45	08:00-08:30	07:45-08:15	
Spin and abs	Body conditioning	Box fit	Spin 30
12:05-12:50	12:05-12:50	12:05-12:50	12:05-12:.35
LBT Xpress	Abs blast	Yoga	BurnHIIT
13:00-13:30	13:00-13:20	13:05-14:05	13:00-13:30
Circuit 17:45-18:30	Spin 30 13:25-13;55		
The state of the s		س	



Cardio

Mind and body
Cardio and Tonning



FRIDAY

Abs blast 08:15-08:35

Circuit 12:05-12:50



New to Classes?

- 1. Bring a water bottle and towel
- 2. Arrive on time to ensure you warm up thoroughly
- 3. Please ensure you remain for the entire duration of the class

Please Note: Some classes are in high demand and require pre-booking. Contact us for details.

OPENING HOURS

Monday - Friday: 07:00am - 8:00pm

TEL: 020 7603 0830