




# KV FITNESS CLUB CLASS SCHEDULE

August 2019



Nuffield Health

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



## 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

key  
Tonning or strength

Cardio

Mind and body

Cardio and Tonning

