



Studio timetable



KISS BETTER TOGETHER KISS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Women & weights [Ladies only] 10:30 - 11:15	Bootylicious 09:30 - 10:15	Conditioning 07:00 - 07:45	The Gun Show 09:30 - 10:15	Better Together Group Cycling 07:00 - 07:45	Lifting Club [Women Only] 10:00 - 11:00 & 11:00 - 12:00	Pilates 11:00 - 11:45
50/50 12:15 - 12:45	Better Together Group Cycling 12:15 - 12:45	Women & weights [Ladies only] 10:30 - 11:15	Better Together Group Cycling 12:15 - 12:45	Better Together BootCamp 12:15 - 12:45	Legs, Bums & Tums 16:30 - 17:15 Class every fortnight	Better Together BootCamp 16:30 - 17:00
Power Up Group Cycling 18:00 - 18:45	Pump 18:30 - 19:15	Combat 18:00 - 18:45	Pump 18:00 - 18:45	Beginners Group Cycling 18:00 - 18:30		
Zumba 18:00 - 18:45	Pilates 19:10 - 19:55	Better Together Group Cycling 18:30 - 19:15	Yoga 19:00 - 19:45	Combat 18:00 - 18:45		
Sculpt 18:45 - 19:30		Boxfit 19:00 - 19:45	*Pole Fitness Mix Ability 20:15 - 21:05	Eldoa 19:00 - 19:45		
			*Pole Dance Mix ability 21:10 - 22:00		Play Store App	Apple Store App

From Week commencing 18th July 2026