

YMCA KX GYM TIMETABLE

	AM1	AM2	LT1	LT2	PM1	PM2	PM3
Monday	07:00 - 07:45 HIIT: Power Pyramid	08:00 - 08:55 Starting Strong Circuits					
Tuesday	07:00 - 07:45 Muscle Pump	08:10 - 09:00 Functional 5	11:45 - 12:45 Functional 5	13:00 - 13:45 HIIT: Power Pyramid	17:30 - 18:30 Positive Health	18:30 - 19:25 Starting Strong Circuits	19:30 - 20:25 Muscle Pump
Wednesday		09:00 - 11:30 UCLH MSK	11:45 - 12:45 Functional 5	14:00 - 15:00 Positive Health			
Thursday		11:00 - 12:00 Positive Health	12:00 - 12:55 Starting Strong Circuits	13:00 - 13:45 HIIT: Power Pyramid	17:30 - 18:30 Positive Health	18:30 - 19:25 Functional 5	19:30 - 20:25 Muscle Pump
Friday	07:00 - 07:45 HIIT: Pulse Ignite	08:00 - 08:55 Starting Strong Circuits	12:00 - 13:00 UCLH MSK	13:00 - 13:55 Functional 5	15:30 - 17:00 UCLH MSK		
Saturday			12:00 - 12:55 Functional 5				
Sunday			12:00 - 12:55 Starting Strong Circuits				



YMCA KX REFORMER TIMETABLE

	AM1	AM2	LT1	LT2	PM1	PM2	PM3
Monday	07:00 - 07:55 Dynamic Strength	08:00 - 08:50 Dynamic Strength		13:15 - 14:00 Align & Define	17:30 - 18:25 Essentials	18:30 - 19:25 Reform & Restore	19:30 - 20:25 Dynamic Strength
Tuesday	07:00 - 07:55 Align & Define	08:00 - 08:30 Core Connection		13:15 - 14:00 Dynamic Strength	17:00 - 18:00 Align & Define	18:00 - 19:00 Dynamic Strength	19:30 - 20:25 Barre & Cardio
Wednesday	07:00 - 07:55 Reform & Restore	08:00 - 08:30 Core Connection		13:15 - 14:00 Reform & Restore	17:00 - 18:00 Essentials	17:45 - 18:40 Dynamic Strength	18:45 - 19:30 Core Connection
Thursday	07:00 - 07:55 Dynamic Strength	08:00 - 08:50 Reform & Restore			17:30 - 18:00 Core Connection	18:00 - 19:00 Align & Define	19:00 - 20:00 Reform & Restore
Friday	07:00 - 07:55 Reform & Restore	08:00 - 08:50 Essentials		13:15 - 14:00 Dynamic Strength			
Saturday	09:00 - 09:45 Essentials	09:45 - 10:30 Pilates Combo					
Sunday	09:00 - 09:45 Essentials	09:00 - 09:45 Dynamic Strength					



YMCA KX MBS TIMETABLE

	AM1	AM2		LT1	LT2	PM1	PM2	PM3
Monday	07:00 - 07:55 Dance with...	08:00 - 08:55 Essentials		13:00 - 13 :55 Vinyasa Yoga			18:00 - 19:00 Hatha Yoga	19:00 - 20:00 Dynamic Strength
Tuesday	07:00 - 07:55 LBT	08:00 - 08:55 Bump & Balance		13:00 - 13:55 Dance with...		17:30 - 18:25 Essentials	18:30 - 19:25 Dance with...	19:30 - 20:25 Dance with...
Wednesday	07:00 - 07:55 LBT	08:00 - 08:55 Supple Strength		13:15 - 14:00 Restore		17:30 - 18:25 Positive Health		
Thursday		08:00 - 08:55 Dynamic Strength		13: 15 - 13:55 Restore		17:30 - 17:25 Supple Strength	18:30 - 19:25 Dance with...	19:30 - 20:25 Dance with...
Friday			09:00 - 12:00 UCLH MSK	13:00 - 13:55 Hatha Yoga		17:30 - 17:25 Vital Motion	18:30 - 18:25 Restore	
Saturday		08:00 - 08:55 Hatha Yoga		13:00 - 13:55 Essentials				
Sunday				13:00 - 13:55 Hatha Yoga				



YMCA KX COMMUNITY TIMETABLE

	AM1	AM2	LT1	LT2	PM1	PM2	PM3
Monday	08:00 - 09:00 Positive Health			13:00 - 14:00 Older Adults Pilates	13:00 - 14:00 Positive Health		
Tuesday				13:00 - 14:00 Positive Health			
Wednesday				12:00 - 12:45 Vital Motion			
Thursday				13:00 - 14:00 Positive Health			
Friday			12:00 - 13:00 Positive Health	13:00 - 14:00 Positive Health			
Saturday							
Sunday							

