

LIVE Streaming Timetable

Book online - www.keptfit.co.uk
Or APP+ (Members Only)

	Mon	Tues	Wed	Thur	Fri	Sat
9:00 AM						YOGA
10:00 AM	STABILITY	ENERGY	STRENGTH	POWER	LEAN	
10:30 AM						BOOT CAMP
11:00 AM	PE		PE		PE	
12:00 PM						
6:00 PM	LEAN	STRENGTH	ENERGY	STABILITY	POWER	
7:00 PM		PILATES				
8:00 PM						