



KINGS

— EST. 1857 —

PREMIER HEALTH CLUB

OUTDOOR CLASS TIMETABLE



Opening Times

Monday—Thursday: 6.30am—8.30pm ■ Friday: 6.30am—7.30pm

Saturday & Sunday: 8.00am—5.30pm



Colour Guide

- Outdoor Les Mills Classes**
- Outdoor Classes**

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
0800-0840	Bootcamp	Kyla	Outdoor Class Zone
0900-0940	Les Mills BodyBalance	Annette	Outdoor Class Zone
1200-1230	Les Mills GRIT	Dionne	Outdoor Class Zone
1700-1730	Les Mills CXWorx	Mike	Outdoor Class Zone
1800-1830	Les Mills GRIT	Karl	Outdoor Class Zone
1900-1940	Les Mills Step	Karl	Outdoor Class Zone

TIME	CLASS	INSTRUCTOR	LOCATION
TUESDAY			
0800-0840	Circuits	Jordan	Outdoor Class Zone
0900-0940	Les Mills Step	Liz	Outdoor Class Zone
1200-1230	Core	Kyla	Outdoor Class Zone
1700-1740	Full Body Conditioning	Jordan	Outdoor Class Zone
1800-1840	Les Mills BodyAttack	Nick	Outdoor Class Zone
1900-1940	Les Mills Tone	Liz	Outdoor Class Zone

TIME	CLASS	INSTRUCTOR	LOCATION
WEDNESDAY			
0800-0840	Les Mills BodyAttack	Liz	Outdoor Class Zone
0900-0940	Pilates	Claire	Outdoor Class Zone
1200-1240	Circuits	Kyla	Outdoor Class Zone
1700-1730	Les Mills GRIT	Dionne	Outdoor Class Zone
1800-1830	Les Mills CXWorx	Serena	Outdoor Class Zone
1900-1940	Les Mills Step	Liz	Outdoor Class Zone

TIME	CLASS	INSTRUCTOR	LOCATION
THURSDAY			
0800-0830	Les Mills Step	Liz	Outdoor Class Zone
0900-0940	Les Mills Tone	Liz	Outdoor Class Zone
1200-1230	Core	Kyla	Outdoor Class Zone
1700-1740	Les Mills BodyBalance	Annette	Outdoor Class Zone
1800-1830	Les Mills CXWorx	Mike	Outdoor Class Zone
1900-1940	Les Mills BodyAttack	Nick	Outdoor Class Zone

TIME	CLASS	INSTRUCTOR	LOCATION
FRIDAY			
0800-0840	Bootcamp	Kyla	Outdoor Class Zone
0900-0940	Les Mills BodyBalance	Annette	Outdoor Class Zone
1200-1230	Les Mills GRIT	Dionne	Outdoor Class Zone
1700-1740	Full Body Conditioning	Jordan	Outdoor Class Zone
1800-1840	Glute Camp	Claire	Outdoor Class Zone

TIME	CLASS	INSTRUCTOR	LOCATION
SATURDAY			
0800-0840	Les Mills BodyAttack	Karl	Outdoor Class Zone
0900-0940	Les Mills Tone	Liz	Outdoor Class Zone
1000-1030	Les Mills CXWorx	Serena	Outdoor Class Zone

TIME	CLASS	INSTRUCTOR	LOCATION
SUNDAY			
0800-0840	Les Mills BodyAttack	Karl or Zoe	Outdoor Class Zone
0900-0930	Les Mills CXWorx	Mike	Outdoor Class Zone
1000-1040	Flex	Steph	Outdoor Class Zone