



KMJ Group Fitness

Classes For Women

www.kmjgroupfitness.com

| TIME | MON | TUE | WED | THURS | FRI | SAT | SUN |
|----------|--------------|----------|-----------|-------------------------|--------------|--------------|-----|
| 6:30 AM | Fast Fitness | | TRX | 30 min Tabata Intervals | Fit Ball | | |
| 7:15 AM | Fit Ball | Strength | Boxing | Yoga | Bands | | |
| 8:00 AM | Bands | Core | Strength | Fast Fitness | TRX | Fast Fitness | |
| 8:45 AM | | Bands | | | | Yoga | |
| 10:15 AM | Gentle Ex | Yoga | Gentle Ex | Bands | Fast Fitness | | |
| 11:00 AM | Strength | | | Strength | Gentle Ex | | |

| | | | | | | | |
|---------|-----------------------------|-------------------------|-----------------------|------------------|----------|--|--|
| 4:30 PM | Fit Ball | Boxing | Core | Fast Fitness | Boxing | | |
| 5:15 PM | Strength | Fast Fitness | TRX | Resistance Bands | Strength | | |
| 6:00 PM | 30 min Express Fast Fitness | 30 min Express Strength | 30 min Express Boxing | | | | |
| 6:30 PM | | Fit Ball | | TRX | | | |
| 7:15 PM | Yoga | Yoga | Yoga | | | | |

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