

# K FIT CLASSES

Day	Time	Class	Instructor
Monday	19:00 – 20:00	Yoga	Claudine
Tuesday	08:00 - 09:00	Pilates	Nada
	18:30 – 19:30	Spin	Trevor
Wednesday	19:00 - 20:00	Yoga	Claudine
Saturday	09:15-10:15	Spin	Trevor