

XPark Kite Beach

CLASS TIMETABLE

WEEK 1

1 st November Saturday	2 nd November Sunday	3 rd November Monday	4 th November Tuesday	5 th November Wednesday	6 th November Thursday	7 th November Friday
Fortify - Coach MJ 8:00 - 8:30	Bootcamp - Coach Abie 8:00 - 8:30	Ignite - Coach MJ 18:00 - 18:30	Bootcamp - Coach Luke 18:00 - 18:30	Ignite - Coach MJ 18:00 - 18:30	HIIT Pilates - Coach Sola 18:00 - 18:30	Zumba - Coach Lusi 18:00 - 18:30
Lift - Coach MJ 8:45 - 9:15	Breathwork - Coach Abie 8:45 - 9:15	Lift - Coach MJ 18:45 - 19:15	Lift - Coach Luke 18:45 - 19:15	Lift - Coach MJ 18:45 - 19:15	Bootcamp - Coach Sola 18:45 - 19:15	Bootcamp - Coach Abie 18:45 - 19:15
Ignite - Coach MJ 9:30 - 10:00	Vinyasa - Coach Abie 9:30 - 10:00	Ignite - Coach MJ 19:30 - 20:00	Ignite - Coach Luke 19:30 - 20:00	Ignite - Coach MJ 19:30 - 20:00	Yogalates - Coach Sola 19:30 - 20:00	Pilates - Coach Abie 19:30 - 20:00
Vinyasa - Coach Abie 17:30 - 18:00	Yogalates - Coach Sola 17:30 - 18:00					
Bootcamp - Coach Abie 18:15 - 18:45	Bootcamp - Coach Sola 18:15 - 18:45					
Ignite - Coach Luke 19:00 - 19:30	Ignite - Coach Luke 19:00 - 19:30					
Fortify - Coach Luke 19:45 - 20:15	Fortify - Coach Luke 19:45 - 20:15					

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CLASS TIMETABLE

WEEK 2

8th

November
Saturday

Fortify - Coach MJ
8:00 - 8:30

Lift - Coach MJ
8:45 - 9:15

Ignite - Coach MJ
9:30 - 10:00

Vinyasa - Coach Abie
17:30 - 18:00

Bootcamp - Coach Abie
18:15 - 18:45

Ignite - Coach Luke
19:00 - 19:30

Fortify - Coach Luke
19:45 - 20:15

9th

November
Sunday

Bootcamp - Coach Abie
8:00 - 8:30

Breathwork - Coach Abie
8:45 - 9:15

Vinyasa - Coach Abie
9:30 - 10:00

Yogalates - Coach Sola
17:30 - 18:00

Bootcamp - Coach Sola
18:15 - 18:45

Ignite - Coach Luke
19:00 - 19:30

Fortify - Coach Luke
19:45 - 20:15

10th

November
Monday

Ignite - Coach MJ
18:00 - 18:30

Lift - Coach MJ
18:45 - 19:15

Ignite - Coach MJ
19:30 - 20:00

11th

November
Tuesday

Bootcamp - Coach Luke
18:00 - 18:30

Lift - Coach Luke
18:45 - 19:15

Ignite - Coach Luke
19:30 - 20:00

12th

November
Wednesday

Ignite - Coach MJ
18:00 - 18:30

Lift - Coach MJ
18:45 - 19:15

Ignite - Coach MJ
19:30 - 20:00

13th

November
Thursday

HIIT Pilates - Coach Sola
18:00 - 18:30

Bootcamp - Coach Sola
18:45 - 19:15

Yogalates - Coach Sola
19:30 - 20:00

14th

November
Friday

Zumba - Coach Lusi
18:00 - 18:30

Bootcamp - Coach Abie
18:45 - 19:15

Pilates - Coach Abie
19:30 - 20:00

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CLASS TIMETABLE

WEEK 3

15 th November Saturday	16 th November Sunday	17 th November Monday	18 th November Tuesday	19 th November Wednesday	20 th November Thursday	21 st November Friday
Fortify - Coach MJ 8:00 - 8:30	Bootcamp - Coach Abie 8:00 - 8:30	Ignite - Coach MJ 18:00 - 18:30	Bootcamp - Coach Luke 18:00 - 18:30	Ignite - Coach MJ 18:00 - 18:30	Fortify - Coach Luke 18:00 - 18:30	Zumba - Coach Lusi 18:00 - 18:30
Lift - Coach MJ 8:45 - 9:15	Breathwork - Coach Abie 8:45 - 9:15	Lift - Coach MJ 18:45 - 19:15	Lift - Coach Luke 18:45 - 19:15	Lift - Coach MJ 18:45 - 19:15	Lift - Coach Luke 18:45 - 19:15	Bootcamp - Coach Abie 18:45 - 19:15
Ignite - Coach MJ 9:30 - 10:00	Vinyasa - Coach Abie 9:30 - 10:00	Ignite - Coach MJ 19:30 - 20:00	Ignite - Coach Luke 19:30 - 20:00	Ignite - Coach MJ 19:30 - 20:00	Ignite - Coach Luke 19:30 - 20:00	Pilates - Coach Abie 19:30 - 20:00
Vinyasa - Coach Abie 17:30 - 18:00	Yogalates - Coach Sola 17:30 - 18:00					
Bootcamp - Coach Abie 18:15 - 18:45	Bootcamp - Coach Sola 18:15 - 18:45					
Ignite - Coach Luke 19:00 - 19:30	Ignite - Coach Luke 19:00 - 19:30					
Fortify - Coach Luke 19:45 - 20:15	Fortify - Coach Luke 19:45 - 20:15					

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CLASS TIMETABLE

WEEK 4

22nd
November
Saturday

23rd
November
Sunday

24th
November
Monday

25th
November
Tuesday

26th
November
Wednesday

27th
November
Thursday

28th
November
Friday

Fortify - Coach MJ
8:00 - 8:30

Bootcamp - Coach Abie
8:00 - 8:30

Ignite - Coach MJ
18:00 - 18:30

Bootcamp - Coach Luke
18:00 - 18:30

Ignite - Coach MJ
18:00 - 18:30

Fortify - Coach Luke
18:00 - 18:30

Zumba - Coach Lusi
18:00 - 18:30

Lift - Coach MJ
8:45 - 9:15

Breathwork - Coach Abie
8:45 - 9:15

Lift - Coach MJ
18:45 - 19:15

Lift - Coach Luke
18:45 - 19:15

Lift - Coach MJ
18:45 - 19:15

Lift - Coach Luke
18:45 - 19:15

Bootcamp - Coach Abie
18:45 - 19:15

Ignite - Coach MJ
9:30 - 10:00

Vinyasa - Coach Abie
9:30 - 10:00

Ignite - Coach MJ
19:30 - 20:00

Ignite - Coach Luke
19:30 - 20:00

Ignite - Coach MJ
19:30 - 20:00

Ignite - Coach Luke
19:30 - 20:00

Pilates - Coach Abie
19:30 - 20:00

Vinyasa - Coach Abie
17:30 - 18:00

Core - Coach Lusi
17:30 - 18:00

Bootcamp - Coach Abie
18:15 - 18:45

Bootcamp - Coach Lusi
18:15 - 18:45

Ignite - Coach Luke
19:00 - 19:30

Ignite - Coach Luke
19:00 - 19:30

Fortify - Coach Luke
19:45 - 20:15

Fortify - Coach Luke
19:45 - 20:15



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CLASS TIMETABLE

WEEK 5

29th
November
Saturday

30th
November
Sunday

Fortify - Coach MJ
8:00 - 8:30

Lift - Coach MJ
8:45 - 9:15

Ignite - Coach MJ
9:30 - 10:00

Vinyasa - Coach Abie
17:30 - 18:00

Bootcamp - Coach Abie
18:15 - 18:45

Ignite - Coach Luke
19:00 - 19:30

Fortify - Coach Luke
19:45 - 20:15

Bootcamp - Coach Abie
8:00 - 8:30

Breathwork - Coach Abie
8:45 - 9:15

Vinyasa - Coach Abie
9:30 - 10:00

Core - Coach Lusi
17:30 - 18:00

Bootcamp - Coach Lusi
18:15 - 18:45

Ignite - Coach Luke
19:00 - 19:30

Fortify - Coach Luke
19:45 - 20:15

