



KB Exercise Physiology

Group class schedule 2021

Monday

9am- KB Strong Bones (KB)

12pm- KB Lunch Break (Mil)

3:45pm- KB In-Between (Mil)

Tuesday

9am- KB Fit and Fab 50+ (KB)

Wednesday

9am- KB Fit and Fab 40+ (Mil)

6pm- KB Mixed (KB)

Thursday

10am- KB Strong Bones (Mil)

Friday

6am- KB HIIT (KB)

10am- KB Strength and Mobility (Mil)



*KB Antenatal and Postnatal starting Thursday
February the 12th, 2021.*