


KILCOY INDOOR SPORT CENTRE AND GYM

	6am or 6.30am	7.30am	9am	Afternoon and Evening
MON	6am Group Fitness		Group Fitness	3.30pm – 4.15pm Kids Cheer 5.30pm Netball 5.30pm Boxing Coming Soon
TUES	6.30am Yoga		Pump/Step Also 9.45am Yoga Therapy	4.30pm NEW Body Blasting Meta Fit Newly qualified awesome workout!!!!!!
WED	6am Group Fitness	Lite Pace Circuit	Group Fitness	3.30pm - 5.30pm Kids Soccer 3.30-4.10pm Kids Yoga 5.30pm Aerobics 6.15pm Yoga
THURS	6.30am Yoga		Group Fitness	3.30pm Kids Jump For Life Skipping Instructor 4.30pm Meta Fit AGAIN!!!!!!
FRI	6am Group Fitness	Lite Pace Circuit		 <p>Proudly managed by Somerset Health Fitness and Weight Loss on behalf of the Somerset Regional Council</p>
SAT			8.30am Boot Camp Junior Soccer Clinic Soon	