

KAL FITNESS

Huddersfield Leisure Centre

Shape Instructor led work out plans & workshops

Monday

07:00 BOSU	11:00 Cardio 1	14:00 Strength 2
15:00 Power Plate	20:00 VIPR	20:30 Cardio 2

Tuesday

07:00 VIPR	08:30 Build Upper 1	11:00 Wattbike
13:30 Cardio 2	15:30 Strength 2	19:30 BOSU
20:00 Lean 1		

Wednesday

08:00 Cable	10:30 Lean 2	14:00 Core 1
15:30 Build Lower 1	17:00 Omnia	20:30 Core 2

Thursday

09:00 Strength 1	11:00 Omnia	13:30 Fitball
15:00 Lean 2	17:00 Build Upper 2	19:00 Build Lower 2
19:30 Kettlebell	20:30 Cardio 1	

Friday

08:30 Core 1	10:30 Power Plate	12:00 Fitball
17:00 Cable	19:00 Lean 1	

Saturday

11:00 Build Upper 1	15:30 Wattbike	16:00 Core 2
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Sunday

12:30 Core 1	15:30 Lean 1	15:30 Kettlebell
18:00 Strength 1		

Book your place online www.kal.org.uk/kal-online, at reception or by calling 01484 766131



KAL

