













KAMA FITNESS TIMETABLE 2025

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00AM			MIX UP		HIIT	
9.30AM	CIRCUIT 	CIRCUIT 	CIRCUIT 	CIRCUIT 	CIRCUIT 	DANCEFIT 
5.30PM	DANCEFIT 	BOXFIT 	CIRCUIT 	CIRCUIT 		10.15AM STRECTH