

**KAMA FITNESS TIMETABLE 2025**

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| **TIMES** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **6.00AM** |  |  | **CIRCUIT** |  | **HIIT** |  |
| **9.30AM** | **CIRCUIT****C:\Users\Front Desk\AppData\Local\Microsoft\Windows\INetCache\IE\FTLZT179\Full-Body-Circuit-Workout-Strengthen-Legs-Abs-Arms[2].jpg** | **CIRCUIT****C:\Users\Front Desk\AppData\Local\Microsoft\Windows\INetCache\IE\FTLZT179\Full-Body-Circuit-Workout-Strengthen-Legs-Abs-Arms[2].jpg** | **CIRCUIT****C:\Users\Front Desk\AppData\Local\Microsoft\Windows\INetCache\IE\FTLZT179\Full-Body-Circuit-Workout-Strengthen-Legs-Abs-Arms[2].jpg** | **CIRCUIT****C:\Users\Front Desk\AppData\Local\Microsoft\Windows\INetCache\IE\FTLZT179\Full-Body-Circuit-Workout-Strengthen-Legs-Abs-Arms[2].jpg** | **CIRCUIT****C:\Users\Front Desk\AppData\Local\Microsoft\Windows\INetCache\IE\FTLZT179\Full-Body-Circuit-Workout-Strengthen-Legs-Abs-Arms[2].jpg** | **DANCEFIT** |
| **5.30PM** | **VIRTUAL** **CLASS** | **BOXFIT****Boxfit45.JPG** | **VIRTUAL** **CLASS** | **CIRCUIT****C:\Users\Front Desk\AppData\Local\Microsoft\Windows\INetCache\IE\FTLZT179\Full-Body-Circuit-Workout-Strengthen-Legs-Abs-Arms[2].jpg** |  | **10.15AM****STRETCH** |
| **6:00PM** |  |  |  | **BOXFITBoxfit45.JPG** |  |  |