

Members of Kedron-Wavell can enjoy free fitness classes every Sunday and Monday.

Zumba and Pilates classes run for 45 minutes. Yoga classes run for 60 minutes.

For all classes please bring a water bottle and towel and for pilates and yoga classes please also bring a fitness mat.

Walk-ins are welcome however if the class is at capacity those that have registered will get first preference.



Bookings are essential:
bit.ly/kfitclass

JOIN OUR FACEBOOK GROUP!

This group is for members of K-Fit, to share tips, tricks and what's happening at K-Fit!

To join go to **bit.ly/kfitcommunityfb** or search **Kfit Community** on Facebook.



FREE COMMUNITY FITNESS CLASSES FOR KEDRON-WAVELL MEMBERS

JULY - DECEMBER 2024 SCHEDULE



21 Kittyhawk Drive, Chermside
[kedron-wavell.com.au](https://www.kedron-wavell.com.au)
f @kedron-wavell

JULY TIMETABLE

DATE	TIME	CLASS	TRAINER
Monday 1/7	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 7/7	10am - 11am	Yoga	Annette
Monday 8/7	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 14/7	10am - 10:45am	Zumba	Kellie
Monday 15/7	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 21/7	10am - 10:45am	Pilates	Zorica
Monday 22/7	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 28/7	10am - 10:45am	Zumba	Kellie
Monday 29/7	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie

AUGUST TIMETABLE

DATE	TIME	CLASS	TRAINER
Sunday 4/8	10am - 11am	Yoga	Annette
Monday 5/8	10:30am - 11:15am 11:30am - 12:15pm	Pilates Pilates	Zorica
Sunday 11/8	10am - 10:45am	Zumba	Kellie
Monday 12/8	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 18/8	9am - 9:45am	Pilates	Zorica
Monday 19/8	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 25/8	10am - 10:45am	Zumba	Kellie
Monday 26/8	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie

SEPTEMBER TIMETABLE

DATE	TIME	CLASS	TRAINER
Sunday 1/9	10am - 11am	Yoga	Annette
Monday 2/9	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 8/9	10am - 10:45am	Zumba	Kellie
Monday 9/9	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 15/9	10am - 10:45am	Pilates	Zorica
Monday 16/9	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 22/9	10am - 10:45am	Zumba	Kellie
Monday 23/9	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 29/9	10am - 10:45am	Pilates	Zorica
Monday 30/9	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica

OCTOBER TIMETABLE

DATE	TIME	CLASS	TRAINER
Sunday 6/10	10am - 11am	Yoga	Annette
Monday 7/10	King's Birthday	No Classes	
Sunday 13/10	10am - 10:45am	Zumba	Kellie
Monday 14/10	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 20/10	10am - 10:45am	Pilates	Zorica
Monday 21/10	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 27/10	10am - 10:45am	Zumba	Kellie
Monday 28/10	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie

NOVEMBER TIMETABLE

DATE	TIME	CLASS	TRAINER
Sunday 3/11	10am - 11am	Yoga	Annette
Monday 4/11	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 10/11	10am - 10:45am	Zumba	Kellie
Monday 11/11	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 17/11	10am - 10:45am	Pilates	Zorica
Monday 18/11	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 24/11	10am - 10:45am	Zumba	Kellie
Monday 25/11	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie

DECEMBER TIMETABLE

DATE	TIME	CLASS	TRAINER
Sunday 1/12	10am - 11am	Yoga	Annette
Monday 2/12	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica
Sunday 8/12	10am - 10:45am	Zumba	Kellie
Monday 9/12	10:30am - 11:15am 11:30am - 12:15pm	Zumba	Kellie
Sunday 15/12	10am - 10:45am	Pilates	Zorica
Monday 16/12	10:30am - 11:15am 11:30am - 12:15pm	Pilates	Zorica

Last class
of 2024!