










KAMA FITNESS TIMETABLE 2025

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00AM			CIRCUIT		HIIT	
9.30AM	CIRCUIT 	CIRCUIT 	CIRCUIT 	CIRCUIT 	CIRCUIT 	DANCEFIT 
5.30PM	VIRTUAL CLASS	BOXFIT  XFIT	VIRTUAL CLASS	VIRTUAL CLASS		10.15AM STRETCH