

Key Moves® Timetable – Studio & Online Term 4 2023

Monday 9th October – Friday 15th December

	Monday	Tuesday	Wednesday	Thursday	Friday
7am			7 am ONLINE & STUDIO KM4 Yoga (Fiona)		
8am		7:30 am STUDIO KM (Andrea)		8:15 am STUDIO Building Better Bodies (Fiona)	8:15 am STUDIO KM (Micky)
9am			8:30 am STUDIO KM (Fiona)		
10am	9:45 am STUDIO Seniors Feldenkrais (Carol)				9:30 am STUDIO Feldenkrais (Andrea)
11am	11 am STUDIO KM Seniors (Andrea)	10:45 am STUDIO KM (Caroline)		11:15 am STUDIO KM (Fiona)	
12pm	12:15 pm STUDIO Tai Chi (Andrea)	12 pm STUDIO KM (Andrea)	12 pm STUDIO KM Seniors (Andrea)		12 pm STUDIO KM (Caroline)
1pm		1:05 pm STUDIO KM (Andrea)	1:10 pm STUDIO Fundamentals (Caroline) 5 week course	12:30 pm STUDIO KM4 Yoga (Fiona)	
2pm					
3pm					
4pm	4 pm ONLINE & STUDIO KM (Fiona)				
5pm	5:15 pm STUDIO KM Hip & Knee class (Fiona) Weeks 3-10				
6pm			5:15 pm STUDIO KM (Micky)		
7pm	6:30 pm ONLINE & STUDIO KM 4 Yoga (Fiona)		6:30 pm STUDIO KM (Andrea)		