

# King - Fitness Classes

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## **Monday**

Full Body HIIT 1:30 to 2:30pm

## **Tuesday**

Spin 1 to 2pm

Bootcamp 2:15 to 3:15pm

## **Wednesday**

Yoga 12 to 1pm

Wellness Walks 2:30 to 3:30pm

## **Fridays**

Finisher Fridays 4:30 to 5pm

## **FC Facility Hours**

Mon to Fri 9am to 7pm