

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Studio 1: 09:30 - 10:30 BODYPUMP™ 11:20 - 12:20 Pilates 18:00 - 19:00 BODYCOMBAT™</p> <p>Studio 2: 06:45 - 07:30 Virtual RPM™ 10:15 - 11:00 Virtual RPM™ 17:30 - 18:15 Virtual RPM™</p> <p>Pool: 10:45 - 11:30 Aqua Aerobics 18:30 - 19:15 Aqua Aerobics</p>	<p>Studio 1: 06:45 - 07:30 Virtual BodyPUMP 09:30 - 10:30 Circuits 11:30 - 12:15 Stretch and Tone 18:00 - 19:00 Step and Tone</p> <p>Studio 2: 10:15 - 11:15 Dancercise 12:30 - 13:15 Virtual RPM™ 17:30 - 18:15 Virtual RPM 19:00 - 20:00 LBT</p> <p>Pool: 09:15 - 10:00 Aqua Zumba</p>	<p>Studio 1: 09:15 - 10:15 Virtual BODYPUMP™ 11:30 - 12:45 Yoga 17:30 - 18:30 BODYPUMP™ 19:30 - 20:45 Yoga</p> <p>Studio 2: 06:45 - 07:30 Group Cycling 11:30 - 12:30 Pilates 17:30 - 18:15 Virtual RPM™ 19:00 - 20:00 BODYCOMBAT™</p> <p>Pool: 10:30 - 11:15 Aqua Aerobics</p>	<p>Studio 1: 06:45 - 07:30 Virtual BODYPUMP™ 09:15 - 10:00 LBT 17:45 - 18:45 BODYPUMP™ 20:00 - 20:45 Zumba</p> <p>Studio 2: 10:30 - 11:15 Virtual RPM™ 18:00 - 18:45 Virtual RPM™ 19:45 - 21:00 Yoga</p>	<p>Studio 1: 08:00 - 09:00 Virtual BODYPUMP™ 10:30 - 11:30 Stretch and Tone 12:15 - 13:15 Virtual BODYPUMP™ 14:00 - 15:30 Yoga</p> <p>Studio 2: 06:45 - 07:30 Group Cycling 09:30 - 10:30 Virtual BODYCOMBAT™ 13:15 - 14:00 Virtual RPM™</p> <p>Pool: 10:15 - 11:00 Aqua Aerobics</p>	<p>Studio 1: 09:00 - 10:00 BODYPUMP™ 11:15 - 12:15 Virtual BODYPUMP™</p> <p>Studio 2: 08:15 - 09:00 RPM™ 10:00 - 11:00 BODYCOMBAT™ 11:30 - 12:30 Virtual BODYBALANCE™</p> <p>Pool: 09:00 - 09:45 Aqua Aerobics</p>	<p>Studio 1: 09:00 - 10:00 Virtual BODYPUMP™ 11:15 - 12:15 Virtual BODYCOMBAT™ 18:30 - 19:30 Step and Tone</p> <p>Studio 2: 10:30 - 11:30 Virtual RPM™</p>

*The timetable is subject change and is based on Instructor availability.