

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Studio 1: 06:15 - 07:00 Kettles and Abs 09:20 - 10:05 BODY ATTACK™ 10:20 - 11:20 Legs Bums and Tums 15:15 - 16:00 Virtual BODY PUMP 16:15 - 17:00 Virtual BODY BALANCE 18:00 - 18:45 BODY PUMP™ 19:00 - 19:45 BODY PUMP™ 20:00 - 20:45 Les Mills CORE™</p> <p>Studio 2: 11:20 - 12:20 Yoga 17:30 - 18:00 Kettles</p> <p>Pool: 10:00 - 10:45 Aqua Aerobics</p> <p>Spin : 07:10 - 07:55 RPM™ 10:30 - 11:15 RPM™ 19:00 - 19:45 RPM™</p>	<p>Studio 1: 06:15 - 07:00 Virtual CORE 07:15 - 08:00 Virtual BODY COMBAT 08:15 - 09:00 Virtual BODY PUMP 09:30 - 10:15 BODY COMBAT™ 10:30 - 11:30 BODY BALANCE™ 13:15 - 14:00 Virtual BODY PUMP 15:15 - 16:00 Virtual BODY PUMP 16:15 - 17:00 Virtual BODY BALANCE 18:00 - 18:45 BODY PUMP™ 19:00 - 19:45 BODY ATTACK™ 20:00 - 21:00 BODY BALANCE™</p> <p>Studio 2: 09:30 - 10:15 Legs Bums and Tums 10:30 - 11:30 Pilates 12:00 - 13:00 Yoga and Meditation 19:00 - 20:00 Mindful Pilates</p> <p>Spin: 06:15 - 07:00 Freestyle Spin 09:00 - 09:30 RPM™ 17:45 - 18:30 RPM™</p>	<p>Studio 1: 06:05 - 06:50 BODY ATTACK™ 07:15 - 08:00 Virtual BODY PUMP 08:15 - 09:00 Virtual BODY BALANCE 09:30 - 10:30 BODY PUMP™ 10:45 - 11:30 Step Aerobics 12:15 - 13:00 Virtual BODY BALANCE 13:15 - 14:00 Virtual Les Mills CORE 15:15 - 16:00 Virtual BODY PUMP 16:15 - 17:00 Virtual BODY BALANCE 17:45 - 18:30 Kettles and Abs 1 08:45 - 19:30 BODY COMBAT™ 19:45 - 20:45 BODY PUMP™</p> <p>Studio 2: 11:30 - 12:30 Vinyasa Flow Yoga 19:30 - 20:30 Hatha Yoga</p> <p>Pool: 19:00 - 19:45 Aqua Aerobics</p> <p>Spin: 09:00 - 09:30 RPM™ 19:00 - 19:45 RPM™</p>	<p>Studio 1: 06:05 - 06:55 BODY PUMP™ 07:15 - 08:00 Virtual BODY COMBAT 08:15 - 09:00 Virtual BODY PUMP 09:30 - 10:15 BODY COMBAT™ 10:30 - 11:15 BODY BALANCE™ 15:15 - 16:00 Virtual BODY PUMP 16:15 - 17:00 Virtual BODY BALANCE 17:15 - 17:45 B.FIT 18:00 - 18:45 Body Conditioning 19:00 - 19:45 Les Mills CORE™ 20:00 - 20:45 BODY BALANCE™</p> <p>Studio 2: 09:30 - 10:15 Legs Bums and Tums 10:30 - 11:30 Pilates 19:00 - 20:00 Vinyasa Flow Yoga</p> <p>Spin: 09:15 - 10:00 RPM™ 18:00 - 18:45 RPM™</p>	<p>Studio 1: 06:05 - 06:50 BODY ATTACK™ 07:05 - 07:35 B.FIT 09:30 - 10:15 Les Mills CORE™ 10:20 - 11:05 BODY PUMP™ 11:30 - 12:30 Restorative Yoga 13:15 - 14:00 Virtual Les Mills CORE 15:15 - 16:00 Virtual BODY PUMP 16:15 - 17:00 Virtual BODY BALANCE 18:00 - 18:45 BODY COMBAT™ 19:00 - 19:45 BODY PUMP™</p> <p>Studio 2: 09:25 - 10:10 Zumba 17:30 - 18:15 Kettles</p> <p>Pool: 10:30 - 11:15 Aqua Aerobics</p> <p>Spin: 09:30 - 10:15 RPM™ 18:25 - 19:10 RPM™</p>	<p>Studio 1: 08:05 - 08:50 BODY ATTACK™ 09:00 - 09:45 BODY COMBAT™ 10:00 - 10:45 BODY PUMP™ 10:00 - 12:00 BODY BALANCE™ 12:15 - 13:00 Virtual BODY BALANCE 13:15 - 14:00 Virtual BODY PUMP 14:15 - 15:00 Virtual BODY BALANCE 15:15 - 16:00 Virtual Les Mills CORE 16:15 - 17:00 Virtual BODY BALANCE</p> <p>Studio 2: 09:15 - 10:00 Zumba 10:15 - 11:00 Legs Bums and Tums</p> <p>Spin: 08:15 - 09:00 RPM™ 09:15 - 10:00 RPM™</p>	<p>Studio 1: 08:45 - 09:30 BODY COMBAT™ 09:45 - 10:45 BODY PUMP™ 10:00 - 11:45 BODY ATTACK™ 13:15 - 14:00 Virtual BODY PUMP 14:15 - 15:00 Virtual BODY BALANCE 15:15 - 16:00 Virtual Les Mills CORE</p> <p>Studio 2: 10:00 - 11:00 Yoga and Meditation</p> <p>Pool: 09:00 - 09:45 Aqua Aerobics</p> <p>Spin: 08:15 - 09:00 RPM™ 09:15 - 10:00 RPM™</p>