

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Main Studio</b></p> <p>07:15 – 07:45 HIIT</p> <p>08:00 – 09:00 Fitness Pilates</p> <p>09:15 – 10:15 BodyConditioning</p> <p>10:30 – 11:30 Pilates</p> <p>12:00 – 12:45 BodyPump™</p> <p>13:00 – 13:45 BodyBalance™</p> <p>14:45 – 15:45 Pilates</p> <p>17:00 – 17:45 Zumba</p> <p>18:00 – 19:00 BodyAttack™</p> <p>19:15 – 20:15 BodyPump™</p> <p><b>Spin Studio</b></p> <p>07:15 – 08:00 RPM™</p> <p>09:15 – 10:00 RPM™</p> <p>18:00 – 18:45 RPM™</p> <p><b>Pool Hall</b></p> <p>10:15 – 11:00 Aqua</p>	<p><b>Main Studio</b></p> <p>07:15 – 08:00 BodyPump™</p> <p>09:15 – 10:15 BodyConditioning</p> <p>10:30 – 11:15 Aerobics</p> <p>11:30 – 12:30 Pilates</p> <p>12:45 – 13:45 Yoga</p> <p>16:00 – 17:00 Pilates</p> <p>17:45 – 18:15 HIIT</p> <p>18:30 – 19:15 BodyPump™</p> <p>19:30 – 20:15 Fitness Pilates</p> <p><b>Spin Studio</b></p> <p>07:15 – 08:00 RPM™</p> <p>10:00 – 10:45 RPM™</p> <p>18:15 – 19:00 RPM™</p> <p><b>Pool Hall</b></p> <p>10:00 – 10:45 Aqua</p>	<p><b>Main Studio</b></p> <p>07:15 – 08:15 Ashtanga Yoga</p> <p>09:30 – 10:15 BodyConditioning</p> <p>10:30 – 11:30 BodyBalance™</p> <p>13:30 – 14:30 Yoga</p> <p>14:45 – 15:30 Virtual BodyCombat™</p> <p>15:45 – 16:45 Pilates</p> <p>17:30 – 18:30 BodyPump™</p> <p>19:00 – 19:45 BodyAttack™</p> <p>20:00 – 20:45 BodyBalance™</p> <p><b>Spin Studio</b></p> <p>07:15 – 08:00 RPM™</p> <p>09:30 – 10:15 RPM™</p> <p>18:00 – 18:45 RPM™</p>	<p><b>Main Studio</b></p> <p>07:15 – 08:00 BodyStep™</p> <p>09:05 – 09:50 BodyPump™</p> <p>10:00 – 10:45 BodyBalance™</p> <p>11:30 – 12:30 BodyConditioning</p> <p>14:00 – 15:00 Hatha Yoga</p> <p>16:15 – 17:15 Fitness Pilates</p> <p>17:30 – 18:15 BodyPump™</p> <p>18:30 – 19:30 BodyCombat™</p> <p>19:45 – 20:45 Pilates</p> <p><b>Spin Studio</b></p> <p>07:15 – 08:00 RPM™</p> <p>10:00 – 10:45 RPM™</p> <p>18:15 – 19:00 RPM™</p> <p><b>Pool Hall</b></p> <p>10:00 – 10:45 Aqua</p>	<p><b>Main Studio</b></p> <p>07:15 – 08:00 BodyPump™</p> <p>09:05 – 09:50 BodyStep™</p> <p>10:00 – 10:45 Zumba</p> <p>11:00 – 11:45 BodyBalance™</p> <p>12:00 – 13:00 Yoga</p> <p>14:00 – 14:45 Pilates</p> <p>15:00 – 15:45 BodyConditioning</p> <p>16:00 – 17:00 BodyBalance™</p> <p>17:15 – 18:00 BodyPump™</p> <p>18:30 – 19:30 Yoga</p> <p><b>Spin Studio</b></p> <p>09:15 – 10:00 RPM™</p> <p><b>Pool Hall</b></p> <p>10:00 – 10:45 Aqua</p>	<p><b>Main Studio</b></p> <p>09:00 – 10:00 BodyBalance™</p> <p>10:30 – 11:30 BodyPump™</p> <p>12:00 – 13:00 Pilates</p> <p>14:45 – 15:30 Virtual Sh'bam™</p> <p>16:00 – 17:00 Yoga</p> <p><b>Spin Studio</b></p> <p>09:15 – 10:00 RPM™</p>	<p><b>Main Studio</b></p> <p>08:45 – 09:45 Yoga</p> <p>10:00 – 10:45 BodyStep™</p> <p>11:00 – 11:45 BodyCombat™</p> <p>12:00 – 12:45 BodyBalance™</p> <p>17:00 – 18:00 Yoga</p>