

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Studio 1:</b></p> <p>06:45 - 07:30 Virtual RPM                      09:30 - 10:30 BodyPump                      11:00 - 12:00 Pilates                      13:00 - 14:00 Virtual Sh'Bam                      17:30 - 18:15 RPM                      18:30 - 19:15 BodyCombat                      19:30 - 20:15 BodyBalance</p> <p><b>Studio 2:</b></p> <p>06:30 - 06:45 Mobility                      06:45 - 07:30 Strength &amp; Conditioning                      09:30 - 10:00 B:Fitt                      10:30 - 11:15 Line Dancing                      17:30 - 18:15 Heavy Mettle</p> <p><b>Pool:</b></p> <p>08:15 - 09:00 Aqua Aerobics                      17:45 - 18:30 Aqua Aerobics</p>	<p><b>Studio 1:</b></p> <p>06:45 - 07:15 Grit Strength                      09:15 - 10:00 RPM                      10:30 - 11:15 Dancercise                      12:00 - 12:45 Abs and Stretch                      13:00 - 13:45 Low impact circuits                      17:15 - 17:45 Virtual Les Mills Core                      18:00 - 18:45 Step and Tone                      19:00 - 20:00 BodyPump</p> <p><b>Studio 2:</b></p> <p>10:15 - 11:15 BodyBalance                      11:30 - 12:15 Ballacnetics                      17:30 - 17:45 Mobility                      17:45 - 18:30 Strength &amp; Conditioning                      18:45 - 19:30 LBT                      19:45 - 20:30 Pilates</p> <p><b>Pool:</b></p> <p>09:15 - 10:00 Aqua Zumba</p> <p><b>Gym Floor:</b></p> <p>12:45 - 13:15 B:Conditioned</p>	<p><b>Studio 1:</b></p> <p>06:45 - 07:30 Group Cycling                      08:00 - 09:00 Virtual BODYPUMP                      09:30 - 10:15 Low impact aerobics                      11:00 - 12:00 Pilates                      12:15 - 13:30 Yoga                      14:00 - 15:00 Pilates                      16:45 - 17:15 Virtual Sprint                      17:30 - 18:15 RPM*                      18:30 - 19:30 BODYPUMP</p> <p><b>Studio 2:</b></p> <p>06:45 - 07:30 Cardio Club*                      11:45 - 12:00 Mobility                      12:00 - 12:45 Strength &amp; Conditioning                      18:15 - 19:15 BODYCOMBAT                      19:30 - 20:45 Yoga</p> <p><b>Pool:</b></p> <p>10:00 - 10:45 Aqua Aerobics                      18:30 - 19:15 Aqua Aerobics</p> <p><b>Gym Floor:</b></p> <p>09:30 - 10:00 B:Strong</p>	<p><b>Studio 1:</b></p> <p>06:45 - 07:30 Circuits                      09:15 - 10:00 LBT                      10:30 - 11:15 Step Aerobics                      12:00 - 13:00 Pilates                      17:30 - 18:15 BODYPUMP45                      18:30 - 19:30 Boxercise                      19:45 - 20:30 Zumba</p> <p><b>Studio 2:</b></p> <p>09:00 - 09:15 Mobility                      09:15 - 10:00 Strength &amp; Conditioning                      18:30 - 18:45 Mobility                      18:45 - 19:30 Strength &amp; Conditioning                      19:45 - 21:00 Yoga</p> <p><b>Pool:</b></p> <p>10:30 - 11:15 Aqua Aerobics                      17:45 - 18:30 Aqua Circuits</p>	<p><b>Studio 1:</b></p> <p>06:45 - 07:30 Group Cycling                      08:00 - 09:00 Virtual BodyPump                      09:30 - 10:15 Zumba                      10:30 - 11:15 Dancercise                      11:30 - 12:15 Ballacnetics                      14:00 - 15:15 Yoga                      16:00 - 16:45 Virtual RPM                      17:00 - 18:00 Virtual BodyCombat</p> <p><b>Studio 2:</b></p> <p>06:30 - 06:45 Mobility                      06:45 - 07:30 Strength &amp; Conditioning                      17:45 - 18:15 Abs Blast</p> <p><b>Pool:</b></p> <p>09:30 - 10:15 Aqua Aerobics                      14:00 - 14:45 Aqua Aerobics</p>	<p><b>Studio 1:</b></p> <p>08:15 - 09:00 RPM*                      09:15 - 10:15 Virtual BodyPump                      10:30 - 11:30 BodyCombat                      11:45 - 12:15 Virtual Grit Strength                      17:00 - 18:00 Virtual BodyBalance</p> <p><b>Studio 2:</b></p> <p>09:30 - 10:15 Team Games</p> <p><b>Pool:</b></p> <p>09:00 - 09:45 Aqua Aerobics</p>	<p><b>Studio 1:</b></p> <p>08:30 - 09:30 BODYPUMP                      09:45 - 10:30 RPM                      10:45 - 11:45 Body Design                      14:00 - 15:00 Virtual BodyAttack                      17:15 - 18:00 Step and Tone                      18:15 - 19:15 Beginners Pilates</p> <p><b>Pool:</b></p> <p>09:00 - 09:45 Aqua Aerobics</p> <p>*This class may use Flashing Lights</p>