

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Studio 1</p> <p>06:30 - 07:30 Kettlebells 07:30 - 08:15 Bootcamp 09:00 - 10:00 Zumba 10:00 - 11:00 Circuits 12:30 - 13:15 Bootcamp 18:00 - 19:00 LBT 19:15 - 20:15 Body Combat™ 20:20 - 21:20 Zumba</p> <p>Studio 2</p> <p>09:30 - 10:15 Group Cycling 10:45 - 11:45 Pilates 18:15 - 19:00 Group Cycling</p> <p>Pool</p> <p>19:15 - 20:00 Aqua</p>	<p>Studio 1</p> <p>06:30 - 07:15 Bootcamp 10:00 - 11:00 Zumba 11:00 - 11:45 Bootcamp 17:15 - 18:00 Bootcamp 18:00 - 19:00 Body Combat™ 19:15 - 20:15 BodyPump™ 20:20 - 21:20 BoxFit</p> <p>Studio 2</p> <p>09:30 - 10:15 - Group Cycling 12:30 - 14:00 Yoga 18:00 - 19:00 Body Balance 19:00 - 19:45 Group Cycling</p> <p>Pool</p> <p>11:15 - 12:00 Aqua 19:00 - 19:45 Aqua</p>	<p>Studio 1</p> <p>06:30 - 07:15 Bootcamp 08:45 - 10:00 Zumba 10:00 - 11:00 Circuits 11:00 - 12:00 Kettlebells 12:00 - 12:45 Bootcamp 17:45 - 18:30 Bootcamp 18:30 - 19:30 Circuits 19:30 - 20:15 Zumba 20:15 - 21:15 BodyPump™</p> <p>Studio 2</p> <p>07:00 - 08:00 Yoga 14:00 - 15:00 Yoga 18:00 - 19:00 Pilates 20:15 - 21:15 Yoga</p>	<p>Studio 1</p> <p>07:00 - 07:45 Bootcamp 10:00 - 10:45 Bootcamp 18:00 - 19:00 BodyPump™ 19:15 - 20:15 Kettlebells 20:15 - 20:45 Abs</p> <p>Studio 2</p> <p>06:15 - 07:00 Group Cycling 09:45 - 10:45 Pilates 11:00 - 12:30 Yoga 18:00 - 19:00 Yoga 19:15 - 20:00 Group Cycling</p> <p>Pool</p> <p>10:50 - 11:35 Swimsanity 18:15 - 19:00 Aqua</p>	<p>Studio 1</p> <p>06:30 - 07:15 Bootcamp 09:15 - 10:00 Circuits 10:30 - 11:15 Zumba 18:30 - 19:15 LBT 19:15 - 20:15 Body Balance™</p> <p>Studio 2</p> <p>10:45 - 11:30 Pilates 12:15 - 13:45 Yoga 19:00 - 19:45 Group Cycling</p>	<p>Studio 1</p> <p>08:30 - 09:30 BoxFit 10:00 - 11:00 BodyPump™ 11:00 - 12:00 Kettlebell 13:00 - 13:45 Circuits 14:00 - 14:45 LBT</p> <p>Studio 2</p> <p>08:30 - 10:00 Hatha Yoga</p> <p>Pool</p> <p>09:00 - 09:45 Aqua Aerobics</p>	<p>Studio 1</p> <p>09:00 - 10:00 LBT 10:15 - 11:15 BodyPump™</p> <p>Studio 2</p> <p>10:00 - 11:00 Pilates 11:30 - 12:15 Group Cycling 13:15 - 14:15 Yoga</p> <p>Pool</p> <p>11:30 - 12:15 Aqua</p>