

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Studio 1:</b> 06:30 - 07:00 LES MILLS CORE 08:30 - 09:00 Step 09:00 - 09:45 BODYCOMBAT™ 09:45 - 10:30 Zumba 10:45 - 11:45 20/20/20 12:00 - 12:45 BODYCOMBAT™ 12:45 - 13:30 BODYPUMP™ 18:45 - 19:45 LBT 20:15 - 21:00 BODYATTACK™</p> <p><b>Mind &amp; Body:</b> 10:45 - 11:45 BODYBALANCE™ 12:00 - 13:00 Pilates</p> <p><b>Spin:</b> 07:00 - 07:45 Spin 09:15 - 09:45 B.Matched 10:15 - 11:00 RPM™ 18:30 - 19:15 Spin 19:45 - 20:30 Spin</p> <p><b>Pool:</b> 11:00 - 11:45 Aqua</p> <p><b>Outdoor:</b> 18:00 - 18:45 Bootcamp 19:00 - 20:00 Yoga</p>	<p><b>Studio 1:</b> 06:30 - 07:00 B. FIIT 09:15 - 10:15 BODYCOMBAT™ 10:15 - 11:15 BODYPUMP™ 11:30 - 12:15 Zumba 12:15 - 13:00 Step 13:15 - 14:00 LBT 18:45 - 19:30 BODYCOMBAT™ 19:45 - 20:30 BODYPUMP™</p> <p><b>Mind &amp; Body:</b> 12:00 - 13:00 Pilates 20:00 - 21:30 Yoga</p> <p><b>Spin Studio:</b> 09:30 - 10:00 Spin 18:15 - 18:45 RPM™ 19:00 - 19:45 SPIN</p> <p><b>Pool:</b> 10:00 - 10:45 Aqua 19:15 - 20:00 Aqua</p> <p><b>Outdoor:</b> 09:45 - 10:45 Yoga 18:00 - 18:30 B. FIIT</p>	<p><b>Studio 1:</b> 07:00 - 07:45 BODY CONDITIONING 08:15 - 08:45 STEP 09:00 - 09:30 LES MILLS CORE 09:30 - 10:15 BODYCOMBAT™ 10:15 - 11:00 BODYCOMBAT™ 11:00 - 11:45 BODYPUMP™ 12:00 - 12:45 BODYATTACK™ 13:00 - 13:45 Virtual BODYPUMP™ 17:30 - 18:00 BOUNCE 18:00 - 18:45 Zumba 18:45 - 19:30 Step</p> <p><b>Mind &amp; Body:</b> 12:45 - 13:45 Pilates 18:00 - 18:30 Kettlebells 18:45 - 19:45 Yoga</p> <p><b>Spin Studio:</b> 06:15 - 07:00 Spin 09:45 - 10:15 RPM™ 19:00 - 19:30 Spin 19:45 - 20:30 Spin</p> <p><b>Pool:</b> 09:30 - 10:15 Aqua</p> <p><b>Outdoor:</b> 11:15 - 12:15 Yoga</p>	<p><b>Studio 1:</b> 06:30 - 07:00 B. FIIT 08:15 - 09:00 TONE &amp; TIGHTEN 09:30 - 10:15 BODYATTACK™ 11:00 - 12:00 Linedancing 13:00 - 13:45 Virtual BODYPUMP™ 18:30 - 19:15 BODY CONDITIONING 19:30 - 20:15 BODYCOMBAT™ 20:30 - 21:15 BODYPUMP™</p> <p><b>Mind &amp; Body:</b> 19:30 - 21:00 YOGA</p> <p><b>Spin Studio:</b> 07:15 - 08:00 Spin 10:15 - 11:00 Spin 18:45 - 19:30 Spin 19:30 - 20:15 Spin</p> <p><b>Pool:</b> 10:00 - 10:45 Aqua 19:15 - 20:00 Aqua</p> <p><b>Outdoors:</b> 09:15 - 10:00 Bootcamp 10:15 - 11:15 Pilates 18:00 - 18:30 B.FIIT</p>	<p><b>Studio 1:</b> 06:30 - 07:00 B. FIIT 08:00 - 08:30 LES MILLS CORE 09:00 - 09:45 BODYCOMBAT™ 10:15 - 11:15 BODYPUMP™ 11:30 - 12:15 BODYCOMBAT™ 13:00 - 13:45 BODYATTACK™ 18:00 - 18:45 Virtual BODYCOMBAT™</p> <p><b>Mind &amp; Body:</b> 11:30 - 12:30 BODYBALANCE</p> <p><b>Spin Studio:</b> 07:00 - 07:45 Spin 18:30 - 19:00 B.Matched</p> <p><b>Gym Floor:</b> 09:15 - 09:45 B. Conditioned</p>	<p><b>Studio 1:</b> 08:15 - 09:00 BODYATTACK™ 09:00 - 10:00 Zumba 10:00 - 10:45 BODYSHRED™ 10:45 - 11:30 BODYSHRED™ 11:30 - 12:30 LBT 18:00 - 18:45 Virtual BODYBALANCE™</p> <p><b>Mind &amp; Body:</b> 09:05 - 09:50 BODYBALANCE™ 10:00 - 11:00 Pilates 11:15 - 12:15 BODYBALANCE™</p> <p><b>Spin Studio:</b> 10:00 - 10:45 Spin 11:30 - 12:15 Spin</p> <p><b>Outdoors:</b> 09:15 - 10:00 BOOTCAMP</p>	<p><b>Studio 1:</b> 09:15 - 10:00 BODYCOMBAT™ 10:00 - 11:00 BODYPUMP™ 11:15 - 12:15 BODYBURN™ 18:00 - 18:45 Virtual BODYPUMP™</p> <p><b>Mind &amp; Body:</b> 12:30 - 13:30 BODYBALANCE™</p> <p><b>Spin Studio:</b> 10:00 - 11:00 Spin</p> <p><b>Pool:</b> 10:00 - 10:45 Aqua</p>