

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1 07:45 - 08:45 Virtual Les Mills Body PUMP™ 09:15 - 10:15 Les Mills Body COMBAT™ 10:30 - 11:15 Zumba 11:45 - 12:30 TLC 17:00 - 17:45 Zumba 18:00 - 19:00 Les Mills Body ATTACK™ 19:15 - 20:15 Les Mills Body PUMP™ Studio 2 09:15 - 10:15 Beginner yoga 10:30 - 11:30 Les Mills Body BALANCE™ 11:45 - 12:45 Pilates 13:00 - 14:00 Intermediate Yoga 18:00 - 19:00 Les Mills Body BALANCE™ 19:15 - 20:15 Yoga Spin Studio 06:15 - 07:15 Virtual Les Mills RPM™ 09:30 - 10:30 Spin 12:00 - 13:00 Virtual Les Mills RPM™ 14:00 - 13:00 Virtual Les Mills RPM™ 16:00 - 17:00 Virtual Les Mills RPM™ 18:00 - 19:00 Spin 20:00 - 21:00 Virtual Les Mills RPM™ Pool 12:45 - 13:30 Aquacise 19:15 - 20:30 Aquacise	Studio 1 07:15 - 07:45 B:Fit 09:15 - 10:15 Les Mills Body ATTACK™ 10:30 - 11:30 Virtual Les Mills BODYPUMP™ 18:00 - 19:00 Les Mills BODYPUMP™ 19:30 - 20:15 Zumba Studio 2 09:30 - 10:30 Beginner Yoga 11:00 - 12:00 Les Mills Body BALANCE™ 12:15 - 13:15 Pilates 13:30 - 14:30 Yoga 18:00 - 19:00 Pilates 19:15 - 20:15 Ashtanga Yoga Cycle Studio 06:15 - 07:00 Virtual Les Mills RPM™ 07:30 - 08:15 Spin 10:00 - 11:00 Virtual Les Mills RPM™ 12:00 - 13:00 Virtual Les Mills RPM™ 16:00 - 16:45 Virtual Les Mills RPM™ 17:00 - 17:45 Virtual Les Mills RPM™ 19:15 - 20:00 Spin 21:00 - 21:45 Virtual Les Mills RPM™	Studio 1 09:15 - 10:15 Les Mills Body COMBAT™ 10:30 - 11:30 Les Mills Body PUMP™ 12:00 - 12:45 TLC 18:00 - 19:00 Les Mills Body COMBAT™ 19:15 - 20:00 Sh'bam Studio 2 10:45 - 11:45 Intermediate Yoga 12:00 - 13:00 Pilates 19:15 - 20:15 Body Balance Spin Studio 06:15 - 07:00 Virtual Les Mills RPM™ 12:00 - 12:45 Virtual Les Mills RPM™ 17:00 - 17:45 Virtual Les Mills RPM™ 19:00 - 19:45 Les Mills RPM™ 21:00 - 22:00 Virtual Les Mills RPM™ Pool 13:00 - 13:45 Aqua Aerobics	Studio 1 06:30 - 07:30 Virtual Les Mills Body PUMP™ 09:15 - 10:15 Les Mills Body ATTACK™ 10:30 - 11:30 Body COMBAT™ 12:00 - 12:30 Virtual Les Mills CORE™ 14:00 - 15:00 Virtual Les Mills Body COMBAT™ 16:30 - 17:00 Virtual Les Mills CORE™ 17:15 - 17:45 Virtual Les Mills CORE™ 18:00 - 19:45 Zumba 19:15 - 20:15 Les Mills BODYPUMP™ Studio 2 10:45 - 11:45 Les Mills Body BALANCE™ 12:00 - 13:00 Pilates 18:00 - 19:00 Pilates 19:15 - 20:15 Ashtanga Yoga Spin Studio 07:30 - 08:15 Virtual Les Mills RPM™ 11:00 - 11:45 Virtual Les Mills RPM™ 13:00 - 13:45 Virtual Les Mills RPM™ 17:00 - 17:45 Virtual Les Mills RPM™ 19:00 - 19:45 Virtual Les Mills RPM™ Pool 12:00 - 13:00 Aquacise 18:00 - 18:45 Aquacise	Studio 1 07:30 - 08:30 Virtual Les Mills Body PUMP™ 09:15 - 10:15 Les Mills Body ATTACK™ 10:30 - 11:30 Line Dancing 11:45 - 12:30 Zumba 14:00 - 14:45 Virtual Les Mills CORE™ 16:00 - 17:00 Virtual Les Mills BODYPUMP™ 20:00 - 21:00 Virtual Les Mills BODYPUMP™ Studio 2 09:30 - 10:30 Pilates 10:30 - 11:30 Yoga Spin Studio 06:30 - 07:15 Virtual Les Mills RPM™ 09:30 - 10:15 Virtual Les Mills RPM™ 14:00 - 14:45 Virtual Les Mills RPM™ 17:00 - 17:45 Virtual Les Mills RPM™ 19:00 - 19:45 Virtual Les Mills RPM™ Pool 11:45 - 12:30 Aqua Aerobics	Studio 1 09:00 - 10:00 Les Mills Body COMBAT™ 10:15 - 11:15 Les Mills Body PUMP™ Studio 2 09:15 - 10:15 Pilates 10:30 - 11:30 Ashtanga Yoga Spin Studio 09:15 - 10:00 Les Mills RPM™ 14:00 - 14:45 Virtual Les Mills RPM™ 16:00 - 16:45 Virtual Les Mills RPM™ 18:00 - 18:45 Virtual Les Mills RPM™	Studio 1 09:00 - 09:45 Les Mills Body ATTACK™ 10:45 - 11:45 Les Mills Body PUMP™ Studio 2 09:30 - 10:30 Les Mills Body BALANCE™ 12:00 - 13:00 Pilates Spin Studio 09:00 - 09:45 Virtual Les Mills RPM™ 12:00 - 12:45 Virtual Les Mills RPM™ 14:00 - 14:45 Virtual Les Mills RPM™ 16:00 - 16:45 Virtual Les Mills RPM™ 18:00 - 18:45 Virtual Les Mills RPM™

*The timetable is subject change and is based on Instructor availability.