

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Studio 1:</b> 09:15 - 10:15 BODYCOMBAT 10:30 - 11:15 Young at Heart 18:00 - 19:00 Sculpt 19:05 - 20:05 BODYCOMBAT</p> <p><b>Mind &amp; Body Studio:</b> 09:00 - 10:00 Stretch 12:00 - 13:00 Pilates 17:45 - 18:45 Yoga 19:00 - 20:00 Pilates</p> <p><b>Pool:</b> 19:15 - 19:45 Aqua Aerobics</p> <p><b>Spin :</b> 11:30 - 12:00 Virtual Group</p> <p><b>Cycling</b> 18:15 - 19:00 Group Cycling</p> <p><b>Gym Floor:</b> 10:15 - 10:45 B:Core 10:45 - 11:15 B:Strong 19:00 - 19:30 B:Conditioned</p>	<p><b>Studio 1:</b> 09:15 - 10:00 CrossHIIT 10:10 - 11:10 SH'Bam 11:20 - 12:05 Step 17:00 - 17:45 Booty Barre 18:00 - 19:00 BODYPUMP</p> <p><b>Mind &amp; Body Studio:</b> 09:00 - 09:45 Stretch 10:00 - 11:00 Yoga 11:10 - 12:10 Yoga 18:15 - 19:15 Yoga 19:20 - 20:20 Yoga</p> <p><b>Pool:</b> 12:00 - 12:45 Aqua Aerobics</p> <p><b>Spin:</b> 18:00 - 18:30 Group Cycling</p> <p><b>Gym floor:</b> 10:30 - 11:00 B:Core 11:00 - 11:30 B: Strong</p>	<p><b>Studio 1:</b> 09:15 - 10:00 BODYCOMBAT 10:15 - 11:15 Body conditioning 17:30 - 18:15 CrossHIIT 19:00 - 19:45 BODYPUMP</p> <p><b>Mind &amp; Body Studio:</b> 08:00 - 09:00 Yoga 09:15 - 10:15 Stretch 10:45 - 11:45 Pilates (I) 11:50 - 12:50 Pilates</p> <p><b>Spin:</b> 11:30 - 12:00 Group Cycling 18:15 - 19:00 Group Cycling</p>	<p><b>Studio 1:</b> 09:15 - 10:15 BODYPUMP 10:30 - 11:30 Dancersise 11:45 - 12:45 Virtual Bodybalance 17:30 - 18:30 BODYPUMP 19:00 - 20:00 SH'Bam</p> <p><b>Mind &amp; Body Studio:</b> 08:30 - 09:30 Yoga 09:45 - 10:45 Yoga 11:30 - 12:30 Pilates 18:00 - 19:00 Pilates</p> <p><b>Pool:</b> 12:45 - 13:30 Aqua Aerobic</p> <p><b>Spin:</b> 18:30 - 19:15 Group Cycling</p>	<p><b>Studio 1:</b> 09:15 - 10:00 Circuits 10:15 - 11:00 Step 11:15 - 12:00 Sculpt 19:15 - 20:15 Virtual BODYPUMP</p> <p><b>Mind &amp; Body Studio:</b> 09:00 - 10:00 Stretch 11:00 - 12:00 Pilates</p> <p><b>Spin:</b> 11:15 - 11:45 Group Cycling</p> <p><b>Gym Floor:</b> 10:30 - 11:00 B:Core 17:30 - 18:00 B: Strong 18:00 - 18:30 B: Core</p> <p><b>Pool:</b> 12:00 - 12:30 Aqua Aerobic</p>	<p><b>Studio 1:</b> 08:30 - 09:30 Virtual BODY PUMP 09:45 - 10:45 BODY COMBAT 11:00 - 12:00 SH'Bam</p> <p><b>Mind &amp; Body Studio:</b> 08:30 - 09:30 Pilates</p> <p><b>Gym Floor:</b> 10:00 - 10:30 B:Core 10:30 - 11:00 B:Conditioned</p>	<p><b>Studio 1:</b> 09:15 - 09:45 B:fit 09:30 - 10:30 Yoga</p> <p><b>Mind &amp; Body Studio:</b> 09:30 - 10:30 Yoga</p> <p><b>Spin:</b> 10:30 - 11:00 Group Cycling</p> <p><b>Gym Floor:</b> 11:45 - 12:15 B:Conditioned 12:15 - 12:45 B: Core</p>

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