

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1 07:15 - 07:45 B:FIIT 17:30 - 18:15 Yoga 18:20 - 19:05 Pilates	Studio 1 07:30 - 08:15 Yoga 12:15 - 12:45 B:FIIT 13:00 - 13:45 Pilates 17:30 - 18:15 BODYBALANCE™ 18:30 - 19:15 BODYATTACK™	Studio 1 12:15 - 13:00 Yoga 17:30 - 18:15 Pilates 18:30 - 19:15 Zumba	Studio 1 17:35 - 18:20 LAB 18:30 - 20:00 Yoga	Studio 1 12:10 - 12:55 BODYBALANCE™ 18:15 - 19:00 BODYATTACK™	Studio 1 09:55 - 10:55 Yoga	Studio 2 11:00 - 12:00 BODYCOMBAT
Studio 2 12:10 - 12:55 LAB 17:30 - 18:00 Spin 18:15 - 19:00 BODYPUMP™	Studio 2 12:15 - 12:45 Spin 13:10 - 13:55 BODYCOMBAT™ 17:30 - 18:15 Zumba 18:30 - 19:15 RPM™	Studio 2 07:15 - 08:00 BODYPUMP™ 12:10 - 12:55 RPM™ 17:45 - 18:45 BODYPUMP™ 19:00 - 20:00 BODYCOMBAT™	Studio 2 07:15 - 08:00 RPM™ 12:15 - 12:45 Spin 17:45 - 18:45 BODYPUMP™ 19:15 - 19:45 B:FIT	Studio 2 07:15 - 08:00 BODYPUMP™ 12:15 - 12:45 SPIN 13:10 - 13:55 BODYPUMP™	Studio 2 11:00 - 12:00 BODYPUMP™ 12:15 - 13:15 BODYCOMBAT™	Speedflex Studio 10:15 - 10:45 Speedflex
Speedflex Studio 13:15 - 13:45 Speedflex	Speedflex Studio 07:00 - 07:30 Speedflex 17:45 - 18:15 Speedflex	Speedflex Studio 13:15 - 13:45 Speedflex 17:45 - 18:15 Speedflex	Gym Floor 13:00 - 13:30 B:Conditioned	Speedflex Studio 13:15 - 13:45 Speedflex 17:45 - 18:15 Speedflex	GYM 10:15 - 10:45 B:Conditioned	
		Gym 12:15 - 12:45 B:Conditioned	Speedflex Studio 18:30 - 19:00 Speedflex			