

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|--|
| <p>Studio 1: Cycle Studio 06:30-07:15 Virtual RPM 09:15-10:00 Group Cycling 18:00-18:45 RPM 19:00-19:45 Group Cycling</p> <p>Studio 2: 07:00-07:30 B:FIIT 08:15-09:00 Virtual Body Pump 09:30-10:15 Body Attack 10:20-11:20 Body Sculpt 18:10-18:40 Bootcamp 19:00-19:45 Body Conditioning</p> <p>Studio 3: 11:30-12:30 Pilates</p> <p>Gym: 17:30-18:00 B:Strong</p> <p>Pool: 09:45-10:30 Aqua Aerobics</p> | <p>Studio 1: Cycle Studio 06:30-07:15 Virtual RPM 18:00 18:45 RPM</p> <p>Studio 2: 09:30-10:00 B:FIIT 11:00-12:00 Pilates 17:45-18:45 Pilates 19:00-19:45 Body Attach</p> <p>Studio 3: 09:15-10:15 Yoga</p> <p>Gym: 07:00-07:30 B:Conditioned 10:15-10:45 B:CoreFit 17:30-18:00 B:Conditioned</p> <p>Pool: 19:15-20:00 AquaFit</p> | <p>Studio 1: Cycle Studio 06:30-07:15 Virtual RPM 09:15-10:00 Group Cycling 18:15-19:00 Group Cycling</p> <p>Studio 2: 09:00-10:00 Yoga 10:15-11:15 Body Pump 11:30-12:15 Body Balance 18:00-18:45 Cardio Conditioning 19:00-20:00 Body Pump</p> <p>Gym: 17:30-18:00 B:Strong</p> <p>Pool: 09:45-10:30 Aqua Aerobics</p> | <p>Studio 1: Cycle Studio 06:30-07:15 Virtual RPM 18:00-19:45 RPM</p> <p>Studio 2: 09:00-09:45 Bootcamp 10:00-10:45 Body Pump 11:15-12:15 Pilates 12:30-13:30 Yoga 18:10-18:40 B:FIIT 19:00-19:45 Body Pump</p> <p>Gym: 07:00-07:30 B:Strong 17:30-18:00 B:CoreFit</p> <p>Pool: 10:15-10:45 Aqua HIIT</p> | <p>Studio 1: Cycle Studio 06:30-07:15 Virtual RPM</p> <p>Studio 2: 09:00-10:00 Step Circuits 10:15-11:15 Body Combat 12:00-13:00 Pilates 17:30-18:30 Yoga</p> <p>Studio 3: 10:45-11:45 Body Balance</p> <p>Gym: 07:00-07:30 B:Conditioned 10:15-10:45 B:CoreFit 17:30-18:00 B:Conditioned</p> <p>Pool: 09:45-10:30 Aqua Aerobics 18:45-19:15 Aqua HIIT</p> | <p>Studio 1: Cycle Studio 08:30-09:15 RPM 11:00-11:45 Virtual RPM</p> <p>Studio 2: 08:15-09:00 Virtual Body Combat 09:30-10:30 Body Pump 11:00-11:45 Virtual Body Balance</p> <p>Gym: 09:30-10:00 B:Corefit 10:15-10:45 B:Conditioned</p> | <p>Studio 1: Cycle Studio 08:30-09:15 Virtual RPM 11:00-11:45 Virtual RPM</p> <p>Studio 2: 08:30-09:30 Body Combat 10:00-11:30 Yoga</p> <p>Gym: 08:30-09:00 B:Conditioned 09:15-09:45 B:Corefit</p> |

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