

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Studio 1:</b> 06:30 - 07:00 <b>Virtual BODYPUMP™</b> 08:00 - 08:30 <b>LesMills Virtual GRIT</b></p> <p>09:15 - 10:00 <b>SH'BAM™</b> 10:15 - 11:00 <b>Cardio Sculpt</b> 11:00 - 12:00 <b>BODYCOMBAT™</b> 12:30 - 14:00 <b>Yoga</b></p> <p>17:30 - 18:15 <b>Virtual BODYCOMBAT™</b> 18:15 - 19:15 <b>BODYATTACK™</b> 19:30 - 20:30 <b>BODYPUMP™</b></p> <p><b>Studio 2:</b> 10:00 - 11:00 <b>BODYBALANCE™</b> 18:30 - 19:30 <b>BODYBALANCE™</b></p> <p><b>Cycle Studio:</b> 06:30 - 07:00 <b>Group Cycle Express</b> 09:15 - 10:00 <b>Virtual RPM™</b> 18:00 - 18:45 <b>RPM™</b> 19:30 - 20:15 <b>Virtual RPM™</b></p> <p><b>Gym Floor:</b> 09:30 - 10:00 <b>B:Core</b></p> <p><b>Pool:</b> 11:15 - 12:00 <b>Aqua Aerobics</b></p>	<p><b>Studio 1:</b> 06:30 - 07:00 <b>Circuits</b> 08:00 - 08:30 <b>LesMills Virtual CORE</b> 09:15 - 10:00 <b>Young at Heart Aerobic Zone</b> 10:00 - 11:00 <b>BODYATTACK™</b> 11:00 - 12:00 <b>BODYPUMP™</b> 13:30 - 14:30 <b>Pilates</b></p> <p>17:00 - 17:30 <b>LesMills Virtual CORE</b> 18:00 - 18:45 <b>Kettlecise</b> 19:00 - 20:00 <b>BODYCOMBAT™</b> 20:00 - 20:45 <b>SH'BAM™</b></p> <p><b>Studio 2:</b> 09:15 - 10:00 <b>BODYBALANCE™</b> 10:15 - 11:00 <b>Movement and Mobility</b> 18:00 - 19:00 <b>Pilates</b> 19:15 - 20:30 <b>Yoga</b></p> <p><b>Cycle Studio:</b> 06:15 - 07:00 <b>Virtual RPM™</b> 09:15 - 10:00 <b>RPM™</b> 18:00 - 19:00 <b>Group Cycling</b> 20:00 - 20:45 <b>Virtual RPM™</b></p> <p><b>Pool:</b> 11:15 - 12:00 <b>Aqua Aerobics</b></p>	<p><b>Studio 1:</b> 06:30 - 07:15 <b>BODYCOMBAT™</b> 09:15 - 10:00 <b>Kettlecise</b> 10:15 - 11:00 <b>SH'BAM™</b> 11:30 - 12:00 <b>LesMills Virtual GRIT</b></p> <p>17:15 - 18:15 <b>BODYPUMP™</b> 18:15 - 19:15 <b>BODYCOMBAT™</b> 19:30 - 20:15 <b>Virtual BODYATTACK™</b></p> <p><b>Studio 2:</b> 09:15 - 10:15 <b>Pilates</b> 10:30 - 11:30 <b>Pilates</b> 19:15 - 20:00 <b>BODYBALANCE™</b></p> <p><b>Cycle Studio:</b> 06:15 - 07:00 <b>Virtual RPM™</b> 09:15 - 10:00 <b>RPM™</b> 18:15 - 19:00 <b>Virtual RPM™</b></p> <p><b>Pool:</b> 11:00 - 12:00 <b>Aqua Aerobics</b></p>	<p><b>Studio 1:</b> 06:30 - 07:00 <b>Circuits</b> 07:30 - 08:15 <b>Virtual BODYPUMP™</b> 09:15 - 10:00 <b>Zumba</b> 10:15 - 11:15 <b>BODYCOMBAT™</b> 11:30 - 12:45 <b>Yoga</b></p> <p>17:30 - 18:00 <b>Circuits</b> 18:15 - 19:15 <b>BODYPUMP™</b> 19:30 - 20:00 <b>BodyAttack Express</b></p> <p><b>Studio 2:</b> 10:00 - 11:15 <b>Yin Yang Yoga</b> 18:30 - 19:30 <b>BODYBALANCE™</b></p> <p><b>Cycle Studio:</b> 06:15 - 07:00 <b>Virtual RPM™</b> 09:15 - 10:00 <b>RPM™</b> 18:00 - 19:00 <b>Group Cycling</b></p> <p><b>Pool:</b> 10:00 - 10:45 <b>Aqua Aerobics</b></p>	<p><b>Studio 1:</b> 06:30 - 07:15 <b>BODYATTACK™</b> 07:30 - 08:30 <b>Virtual BODYPUMP™</b> 09:15 - 10:15 <b>Aerotone</b> 10:15 - 11:00 <b>SH'BAM™</b> 11:15 - 12:00 <b>LBT</b></p> <p>18:15 - 19:15 <b>BODYCOMBAT™</b> 19:30 - 20:30 <b>Virtual BODYATTACK™</b></p> <p><b>Studio 2:</b> 09:15 - 10:15 <b>Pilates</b> 10:30 - 11:30 <b>Pilates</b></p> <p><b>Cycle Studio:</b> 06:30 - 07:00 <b>Group Cycle Express</b> 17:15 - 18:00 <b>Group Cycling</b></p> <p><b>Gym Floor:</b> 09:30 - 10:00 <b>B:Strong</b></p> <p><b>Pool:</b> 11:15 - 12:00 <b>Aqua Aerobics</b></p>	<p><b>Studio 1:</b> 09:15 - 10:15 <b>BODYATTACK™</b> 10:30 - 11:30 <b>BODYPUMP™</b> 12:00 - 12:45 <b>Virtual BODYCOMBAT™</b> 17:30 - 18:30 <b>Virtual BODYPUMP™</b></p> <p><b>Studio 2:</b> 10:00 - 11:00 <b>Pilates</b> 11:15 - 12:15 <b>Pilates</b></p> <p><b>Cycle Studio:</b> 08:15 - 09:00 <b>Virtual RPM™</b> 09:15 - 10:00 <b>RPM™</b> 16:15 - 17:00 <b>Virtual RPM™</b></p> <p><b>Gym Floor:</b> 10:30 - 11:00 <b>B:Conditioned</b></p>	<p><b>Studio 1:</b> 08:15 - 08:45 <b>LesMills Virtual CORE</b> 09:30 - 10:30 <b>BODYATTACK™</b> 10:45 - 11:45 <b>BODYCOMBAT™</b> 18:00 - 19:00 <b>Virtual BODYPUMP™</b></p> <p><b>Studio 2:</b> 18:00 - 19:30 <b>Yoga</b></p> <p><b>Cycle Studio:</b> 08:15 - 09:00 <b>Virtual RPM™</b> 09:15 - 10:15 <b>Group Cycling</b> 17:00 - 17:45 <b>Virtual RPM™</b></p>