

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1: 07:30 - 08:00 Virtual Grit Athletic™ 09:30 - 10:30 BODYPUMP™ 10:45 - 11:30 BODYATTACK™ 12:00 - 13:00 Virtual Body Combat™ 17:00 - 17:30 Virtual Grit Cardio™ 18:15 - 19:15 BODYPUMP™ 19:30 - 20:15 Box Fit Studio 2: 10:30 - 11:25 Pilates 12:00 - 13:15 Yoga 19:15 - 20:00 Pilates Group Cycle Studio: 06:30 - 07:15 Virtual RPM™ 08:15 - 09:00 Virtual RPM™ 09:30 - 10:15 Group Cycle 17:30 - 18:15 Virtual RPM™ 18:30 - 19:15 Group Cycle 19:45 - 20:30 Virtual RPM™ Pool: 10:45 - 11:30 Aqua Aerobics	Studio 1: 06:30 - 07:15 Virtual Grit Cardio™ 07:30 - 08:15 B Fit 09:15 - 10:00 Dance Fit 10:15 - 11:00 LBT 11:30 - 12:30 Virtual Body Pump™ 17:00 - 17:30 Virtual Grit Strength™ 18:30 - 19:30 BODYATTACK™ 19:45 - 20:45 Body Conditioning Studio 2: 09:45 - 10:45 BODYBALANCE™ 11:00 - 12:00 Pilates 12:15 - 13:15 Pilates 19:30 - 20:45 Yoga Group Cycle Studio: 07:00 - 07:45 Virtual RPM™ 09:15 - 10:00 Group Cycle 17:45 - 18:30 Virtual RPM™ 19:00 - 19:45 Group Cycle Pool: 10:30 - 11:15 Aqua Aerobics	Studio 1: 07:00 - 07:30 Virtual Grit Athletic™ 09:30 - 10:30 BODYPUMP™ 11:00 - 12:00 Body Conditioning 12:30 - 13:30 Virtual Body Combat™ 17:00 - 17:30 Virtual Grit Strength™ 18:15 - 19:00 Zumba 19:15 - 20:00 Circuits Studio 2: 09:30 - 10:15 Pilates 10:30 - 11:30 Pilates 12:00 - 13:15 Yoga Group Cycle Studio: 06:30 - 07:15 Group Cycle 09:00 - 09:45 Group Cycle 10:30 - 11:15 Virtual RPM™ 17:00 - 17:45 Virtual RPM™ 18:30 - 19:15 Group Cycle Pool: 10:45 - 11:30 Aqua Aerobics	Studio 1: 06:30 - 07:15 Virtual Grit Strength™ 07:30 - 08:15 B Fit 09:45 - 10:30 BODYCOMBAT™ 11:15 - 12:00 Dance Fit 12:30 - 13:30 Virtual Body Pump™ 17:00 - 17:30 Virtual Grit Strength™ 18:00 - 18:45 BODYPUMP™ 19:00 - 19:45 BODYCOMBAT™ Studio 2: 09:15 - 10:30 Yoga 10:45 - 11:45 Pilates 18:30 - 19:45 Yoga Group Cycle Studio: 07:00 - 07:45 Virtual RPM™ 09:00 - 09:45 Virtual RPM™ 10:45 - 11:30 Group Cycle 17:00 - 17:45 Virtual RPM™ 18:30 - 19:15 Group Cycle	Studio 1: 06:30 - 07:15 Virtual Grit Cardio™ 07:30 - 08:30 Virtual Body Attack™ 09:15 - 10:15 BODYPUMP™ 11:30 - 12:30 LBT 18:00 - 18:45 Box Fit Studio 2: 09:00 - 10:00 Pilates 10:15 - 11:15 BODYBALANCE™ 11:30 - 12:45 Yoga Group Cycle Studio: 07:00 - 07:45 Group Cycle 09:30 - 10:15 Group Cycle 12:00 - 12:45 Virtual RPM™ 18:00 - 18:45 Virtual RPM™ Pool: 10:00 - 10:45 Aqua Aerobics	Studio 1: 09:00 - 09:45 BODYATTACK™ 10:30 - 11:30 Virtual Body Pump™ 12:45 - 13:30 Box Fit 16:00 - 17:00 Virtual Body Combat™ 18:00 - 18:30 Virtual Grit Strength™ Studio 2: 09:00 - 10:00 Yoga 10:15 - 11:15 Yoga Group Cycle Studio: 08:15 - 09:00 Group Cycle 09:15 - 10:00 Group Cycle 10:45 - 11:30 Virtual RPM™ 16:00 - 16:45 Virtual RPM™ 18:00 - 18:45 Virtual RPM™ Pool: 10:15 - 11:00 Aqua Aerobics	