

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|--|--|
| <p>Studio 1: 07:00 - 07:30 B:FIIT 10:00 - 11:00 Body Pump™ 11:45 - 12:30 Step and Tone 18:00 - 19:00 Circuits 19:30 - 20:30 Body Balance™</p> <p>Studio 2: 08:30 - 09:30 Pilates Beginners 10:00 - 11:00 Body Balance™ 11:45 - 12:45 Yoga Beginners 13:30 - 14:30 Dynamic Flow Yoga 18:30 - 20:00 Hatha Yoga</p> <p>Group Cycle Studio: 07:00 - 07:45 Group Cycle 08:30 - 09:15 Group Cycle 18:00 - 19:00 Group Cycle</p> <p>Pool: 12:00 - 12:45 Aqua</p> <p>Gym Floor: 09:45 - 10:15 B:Strong</p> | <p>Studio 1: 09:30 - 10:00 B:FIIT 10:15 - 11:15 Yoga 11:30 - 12:15 Zumba 18:00 - 19:00 Body Attack™ 19:00 - 20:00 Body Pump™</p> <p>Studio 2: 09:45 - 10:45 Pilates 13:30 - 14:30 Yoga 17:00 - 18:00 Body Balance™ 18:45 - 19:45 Pilates</p> <p>Group Cycle Studio: 06:40 - 07:10 Group Cycle 10:45 - 11:30 Virtual RPM92™ 16:00 - 16:45 Group Cycle 19:30 - 20:45 Virtual RPM The Trip 27™</p> <p>Pool: 18:00 - 18:45 Aqua</p> <p>Gym Floor: 07:00 - 07:30 B:Core-Fit</p> | <p>Studio 1: 08:30 - 09:30 Pilates 10:30 - 11:30 Body Pump™ 12:15 - 13:00 Circuits 13:15 - 14:15 Body Balance™ 18:00 - 19:00 Circuits 19:30 - 20:30 Body Combat™</p> <p>Studio 2: 10:00 - 11:00 Intro to Pilates 11:45 - 12:45 Dynamic Flow Yoga 18:00 - 19:00 Body Balance™</p> <p>Group Cycle Studio: 08:00 - 08:45 Group Cycle 09:40 - 10:25 Group Cycle 18:00 - 19:00 Group Cycle</p> <p>Pool: 10:00 - 10:45 Aqua</p> <p>Gym Floor: 07:00 - 07:30 B:Conditioned</p> | <p>Studio 1: 09:30 - 10:15 Body Pump™ 10:45 - 11:15 Les Mills Core™ 11:30 - 12:15 Zumba 18:00 - 19:00 Hour of Power 19:30 - 20:30 Body Pump™</p> <p>Studio 2: 09:00 - 10:00 Pilates 11:45 - 12:45 Body Balance™ 13:30 - 14:30 Yoga Beginners 14:30 - 15:30 Pilates 18:00 - 19:00 Pilates 19:35 - 21:05 Vinyasa Yoga</p> <p>Group Cycle Studio: 06:40 - 07:10 Group Cycle 18:00 - 18:45 Group Cycle</p> <p>Pool: 13:00 - 13:45 Aqua</p> | <p>Studio 1: 10:00 - 11:00 Body Pump™ 12:00 - 13:00 Body Balance™ 17:30 - 18:30 Body Balance™ 19:30 - 20:00 B:FITT</p> <p>Studio 2: 08:30 - 09:30 Pilates 10:45 - 12:15 Vinyasa Yoga 12:45 - 14:15 Yoga For All 14:30 - 15:30 Pilates</p> <p>Group Cycle Studio: 08:30 - 09:15 Group Cycle 09:30 - 10:20 Virtual RPM™ 10:45 - 11:15 Virtual RPM91™ 17:30 - 18:15 Group Cycle</p> <p>Pool: 11:00 - 11:45 Aqua</p> <p>Gym Floor: 08:00 - 08:30 B:Core-Fit</p> | <p>Studio 1: 08:00 - 09:00 Bootcamp 09:30 - 10:30 Body Combat™ 11:15 - 12:15 Body Pump™ 12:30 - 13:00 Les Mills Core™</p> <p>Studio 2: 08:30 - 09:30 Power Pilates 09:45 - 10:45 Body Balance™</p> <p>Group Cycle Studio: 10:15 - 11:00 Group Cycle</p> | <p>Studio 1: 09:00 - 10:00 Body Attack™ 11:30 - 12:30 Body Pump™</p> <p>Studio 2: 09:00 - 10:00 Fitness Yoga 10:30 - 12:00 Dynamic Hatha Yoga</p> <p>Group Cycle Studio: 09:00 - 09:45 Virtual RPM The Trip 26™</p> |