

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 1 06:30 - 07:30 BODYPUMP™ 09:25 - 10:25 Pilates 10:30 - 11:15 LBT 11:35 - 12:05 BODYATTACK™ 12:10 - 12:55 BODYPUMP™ 13:00 - 13:45 Pilates 17:25 - 18:10 Yoga 18:15 - 19:15 Zumba 19:20 - 19:50 CXWORX™	Studio 1 09:25 - 10:25 BODYPUMP™ 10:30 - 12:00 Yoga 12:15 - 12:45 Metafit 13:15 - 13:45 Challenger 17:30 - 18:30 Pilates 18:35 - 19:35 BODYPUMP™ 19:40 - 20:40 BODYATTACK™	Studio 1 06:25 - 07:10 Pilates 07:15 - 07:45 Metafit 09:15 - 10:00 Pilates 10:00 - 11:00 FitSteps 11:15 - 12:15 Tai Chi 12:20 - 13:05 MMA Fitness 17:30 - 18:30 BODYCOMBAT™ 18:30 - 20:00 Yoga	Studio 1 06:30 - 07:15 BODYPUMP™ 07:20 - 07:50 CXWORX™ 09:25 - 10:25 Zumba 10:30 - 11:30 FitSteps 11:45 - 12:30 BODYPUMP™ 12:35 - 13:05 CXWORX™ 17:30 - 18:30 BODYPUMP™ 18:35 - 19:20 BODYATTACK™ 19:20 - 20:20 Zumba	Studio 1 06:30 - 07:15 Pilates 10:15 - 11:00 Pilates 11:30 - 12:30 Tai Chi 12:35 - 13:20 BODYPUMP™ 17:30 - 18:30 BODYCOMBAT™ 18:30 - 19:30 Zumba 19:30 - 20:30 Box HIIT	Studio 1 09:00 - 10:00 BODYPUMP™ 10:05 - 11:05 Yoga
Studio 2 07:30 - 08:00 RPM™ 12:15 - 13:00 RPM™ 18:15 - 19:00 RPM™	Studio 2 06:30 - 07:15 RPM™ 12:15 - 13:00 RPM™ 19:35 - 20:20 RPM™	Studio 2 06:25 - 07:00 B:Matched 12:15 - 12:50 B:Matched 18:30 - 19:05 B:Matched	Studio 2 07:15 - 08:00 Virtual RPM™ 12:30 - 13:00 Virtual RPM™ 18:30 - 19:15 RPM™	Studio 2 06:30 - 07:15 RPM™ 13:25 - 13:55 Express RPM™	Studio 2 10:00 - 10:45 RPM™
Gym Floor 12:15 - 12:45 B:Compound	Gym Floor 06:30 - 07:00 Myzone HIIT 18:30 - 19:00 B:Compound	Gym Floor 17:30 - 18:00 Padwork	Gym Floor 17:30 - 18:00 B:Compound	Gym Floor 06:30 - 07:00 Myzone HIIT 12:30 - 13:00 Myzone HIIT	Gym Floor 09:00 - 09:30 B:Compound 10:50 - 11:20 B:Strong
Pool 11:15 - 12:00 Aqua 18:15 - 19:00 Aqua	Pool 18:30 - 19:15 Aqua	Pool 10:00 - 10:45 Aqua	Pool 10:00 - 10:45 Aqua	Pool 11:15 - 12:00 Aqua	Pool 09:30 - 10:15 Aqua
					Sunday
					Studio 1 08:45 - 09:45 BODYPUMP™ 09:50 - 10:35 BODYCOMBAT™ 10:35 - 12:05 Yoga
					Gym Floor 09:50 - 10:20 Myzone HIIT 10:30 - 11:00 B:Strong

