

Monday

Studio 1

06:15 - 06:45 **Metafit**
09:00 - 09:30 **Kettlebells**
09:35 - 10:35 **BODYATTACK™**
10:40 - 11:25 **BODYPUMP™**
11:30 - 12:30 **Pilates**
12:35 - 13:20 **Chiball**
13:30 - 14:30 **Virtual BODYCOMBAT™**
18:30 - 19:00 **Kettlebells**
19:00 - 19:45 **BODYCOMBAT™**
19:50 - 20:35 **BODYPUMP™**

Studio 2

18:15 - 19:00 **Ballet Fitness**
19:50 - 20:50 **Pilates**

Cycle Studio

06:15 - 06:45 **B:Matched**
09:35 - 10:20 **RPM™**
19:00 - 19:45 **RPM™**

Pool

10:30 - 11:15 **Aqua Aerobics**

Gym

20:00 - 20:30 **B:Strong**

Tuesday

Studio 1

06:15 - 07:00 **Kettlebells & Abs**
09:30 - 10:30 **BODYCOMBAT™**
10:30 - 11:30 **BODYBALANCE™**
13:00 - 14:00 **Virtual BODYBALANCE™**
17:30 - 18:00 **Virtual CXWORX™**
18:30 - 19:00 **Metafit**
19:00 - 20:00 **BODYATTACK™**

Studio 2

09:30 - 10:15 **Legs, Bums & Tums**
11:05 - 12:05 **Pilates Strength**
12:15 - 13:15 **Yoga and Meditation**
18:30 - 19:25 **Mindful Pilates**
19:30 - 20:30 **BODYBALANCE™**

Cycle Studio

09:00 - 09:30 **RPM™**
18:00 - 18:30 **RPM™**

Pool

19:30 - 20:15 **Aqua Aerobics**

Gym

09:30 - 10:00 **B:Strong**
10:00 - 10:15 **B:Core**
20:00 - 20:30 **B:Functional**
20:30 - 20:45 **B:Core**

Wednesday

Studio 1

06:00 - 06:45 **BODYATTACK™**
07:10 - 08:10 **Virtual BODYBALANCE™**
08:30 - 09:15 **Virtual SH'BAM™**
09:30 - 10:30 **BODYPUMP™**
10:30 - 11:15 **Step**
11:20 - 12:20 **Aerobics**
13:00 - 14:00 **Virtual BODYCOMBAT™**
17:15 - 18:15 **Virtual BODYBALANCE™**

Studio 2

19:00 - 20:00 **BODYCOMBAT™**
20:00 - 20:45 **BODYPUMP™**
11:00 - 11:55 **Pilates**
12:00 - 13:00 **Vinyasa Flow Yoga**
20:00 - 21:00 **Hatha Yoga**

Cycle Studio

09:30 - 10:15 **RPM™**
18:00 - 18:30 **Spin**
19:05 - 19:50 **RPM™**

Pool

10:45 - 11:30 **Aqua Aerobics**

Gym

20:00 - 20:30 **B:Strong**
20:30 - 20:45 **B:Core**

Thursday

Studio 1

06:15 - 07:00 **BODYPUMP™**
07:10 - 07:40 **Virtual CXWORX™**
09:30 - 10:15 **BODYCOMBAT™**
10:20 - 11:05 **BODYBALANCE™**
13:00 - 14:00 **Virtual BODYPUMP™**
17:30 - 18:30 **Virtual BODYCOMBAT™**
18:35 - 19:05 **Kettlebells**
19:05 - 20:05 **Aerobics**

Studio 2

09:30 - 10:15 **Legs, Bums & Tums**
19:15 - 20:15 **Vinyasa Flow Yoga**

Cycle Studio

09:40 - 10:10 **B:Matched**
18:00 - 18:30 **RPM™**

Pool

18:30 - 19:15 **Aqua**

Gym

09:00 - 09:30 **B:Strong**
20:05 - 20:35 **B:Functional**

Friday

Studio 1

07:10 - 08:10 **Virtual BODYPUMP™**
09:00 - 09:30 **Virtual CXWORX™**
09:35 - 10:35 **Pilates**
10:35 - 11:20 **Zumba**
13:00 - 14:00 **Virtual BODYCOMBAT™**
18:00 - 18:45 **BODYPUMP™**
18:50 - 19:35 **BODYCOMBAT™**

Studio 2

10:40 - 11:40 **Restorative Pilates**
11:40 - 12:25 **Ballet Fitness**

Cycle Studio

06:15 - 07:00 **Spin**
09:35 - 10:20 **RPM™**
18:00 - 18:30 **RPM™**

Pool

09:30 - 10:15 **Aqua Aerobics**

Gym

18:35 - 19:05 **B:Strong**

Saturday

Studio 1

09:30 - 10:15 **BODYCOMBAT™**
10:20 - 11:05 **BODYPUMP™**
11:10 - 11:55 **BODYBALANCE™**

Cycle Studio

08:15 - 09:00 **RPM™**
09:30 - 10:15 **RPM™**

Gym

14:00 - 14:30 **B:Strong**
14:30 - 14:45 **B:Core**

Sunday

Studio 1

08:10 - 09:00 **Pilates**
09:05 - 09:50 **BODYCOMBAT™**
09:55 - 10:55 **BODYPUMP™**
12:30 - 13:30 **Virtual BODYCOMBAT™**

Cycle Studio

09:00 - 09:45 **RPM™**
14:00 - 14:30 **B:Matched**

