

Monday

Studio 1

07:05 - 08:05 **Virtual BODYPUMP™**
09:20 - 09:50 **Kettlecise**
09:50 - 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 **Kettlecise**
19:00 - 19:45 **BODYCOMBAT™**
19:50 - 20:35 **BODYPUMP™**
20:40 - 21:25 **BODYBALANCE™**

Studio 2

10:35 - 11:20 **Ballet Fitness**

Cycle Studio

06:15 - 07:00 **RPM™**
07:05 - 07:35 **B:Matched**
10:05 - 10:35 **RPM™**
13:00 - 13:30 **Freestyle Spin**
19:00 - 19:45 **RPM™**

Pool

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

Gym

14:00 - 14:30 **B:Corefit**

Tuesday

Studio 1

06:15 - 07:00 **Kettlecise & Abs**
07:05 - 08:05 **Virtual BODYCOMBAT™**
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 **Ab Attack**
19:00 - 19:45 **BODYCOMBAT™**
19:50 - 20:20 **Kettlecise**

Studio 2

09:15 - 10:00 **Body Conditioning**
11:05 - 12:05 **Pilates Strength**
12:15 - 13:15 **Yoga and Meditation**
19:00 - 19:45 **Padbox**
19:50 - 20:50 **BODYBALANCE™**

Cycle Studio

10:00 - 10:30 **Freestyle Spin**
18:00 - 18:30 **RPM™**

Pool

09:30 - 13:15 **Aqua Aerobics**
19:00 - 19:45 **Aqua Aerobics**

Gym

09:15 - 09:45 **B:Strong**
14:00 - 14:30 **B:Functional**

Wednesday

Studio 1

06:15 - 07:00 **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 - 11:50 **CXWORX™**
17:15 - 18:15 **Virtual BODYBALANCE™**
18:30 - 19:00 **Virtual CXWORX™**
19:00 - 20:00 **BODYCOMBAT™**
20:00 - 21:00 **BODYPUMP™**

Studio 2

12:00 - 13:00 **Gentle Yoga**
20:00 - 21:00 **Hatha Yoga**

Cycle Studio

09:55 - 10:40 **RPM™**
18:00 - 18:30 **Freestyle Spin**
19:05 - 19:50 **RPM™**
20:00 - 20:30 **B:Matched**

Pool

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

Gym

14:00 - 14:30 **B:Core**
21:00 - 21:30 **B:Conditioned**

Thursday

Studio 1

06:15 - 07:00 **BODYPUMP™**
07:10 - 07:40 **Virtual CXWORX™**
09:30 - 10:15 **BODYCOMBAT™**
10:20 - 10:50 **CXWORX™**
17:30 - 18:30 **Virtual BODYCOMBAT™**
18:35 - 19:05 **Kettlecise**
19:05 - 20:05 **BODYATTACK™**
20:05 - 20:35 **Supple Strength**

Studio 2

09:30 - 10:15 **Body Conditioning**
10:20 - 11:05 **BODYBALANCE™**
19:15 - 20:15 **Gentle Yoga**

Cycle Studio

13:00 - 13:30 **B:Matched**
18:00 - 18:30 **RPM™**

Pool

18:00 - 18:30 **Aqua Aerobics**

Gym

14:00 - 14:30 **B:Conditioned**
21:00 - 21:30 **B:Corefit**

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**
11:20 - 12:05 **Step**
13:00 - 14:00 **Virtual BODYCOMBAT™**
18:00 - 18:45 **BODYPUMP™**
18:50 - 19:35 **BODYCOMBAT™**

Studio 2

10:40 - 11:25 **Restorative Pilates**

Cycle Studio

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

Pool

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

Gym

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

Saturday

Studio 1

09:30 - 10:30 **BODYCOMBAT™**
10:30 - 11:30 **BODYPUMP™**
11:30 - 12:30 **BODYBALANCE™**

Studio 2

10:35 - 11:20 **HIIT**

Cycle Studio

08:25 - 08:55 **RPM™**
09:30 - 10:15 **RPM™**

Sunday

Studio 1

08:15 - 09:00 **BODYBALANCE™**
09:00 - 09:45 **BODYCOMBAT™**
09:50 - 10:35 **BODYPUMP™**

Cycle Studio

09:00 - 09:45 **RPM™**

Gym

08:15 - 08:45 **B:Corefit**

