

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1 07:45 - 08:30 Pilates 08:30 - 09:15 Pilates 09:30 - 10:30 LBT 10:30 - 11:30 BODYPUMP™ 11:45 - 13:00 Yoga 13:15 - 14:15 BODYBALANCE™ 17:00 - 18:00 BODYBALANCE™ 18:00 - 19:00 Zumba 19:15 - 20:00 BODYPUMP™ 20:15 - 21:15 Yoga Studio 2 06:30 - 07:00 B:Matched 09:30 - 10:15 RPM™ 10:30 - 11:15 VIRTUAL RPM™ 18:00 - 18:45 VIRTUAL RPM™ 19:30 - 20:15 Studio Cycling Gym 09:30 - 10:00 B:Strong 11:30 - 12:00 B:Corefit 18:00 - 18:30 B:Conditioned	Studio 1 09:00 - 10:00 BODYBALANCE™ 10:30 - 11:30 Pump Up With Paul 11:45 - 12:45 Pump Up With Paul 13:00 - 14:15 Yoga 17:00 - 17:30 CXWORX™ 17:30 - 18:00 Metafit 18:00 - 18:45 Step 18:45 - 19:45 BODYPUMP™ Studio 2 06:15 - 07:00 Studio Cycling 09:30 - 10:15 VIRTUAL RPM™ 11:00 - 11:45 VIRTUAL RPM™ 18:00 - 18:45 RPM™ 18:45 - 19:30 VIRTUAL RPM™ Pool 11:00 - 11:45 Aqua Gym 07:15 - 07:45 B:Conditioned 10:30 - 11:00 B:Corefit 17:30 - 18:00 B:Strong	Studio 1 09:00 - 10:00 Yoga 10:00 - 11:00 202020 11:00 - 12:00 Zumba 12:00 - 13:00 Pilates 13:00 - 14:00 Pilates 17:00 - 17:45 BODYPUMP™ 18:00 - 19:15 Yoga 19:15 - 20:15 Yoga Studio 2 07:00 - 07:30 B:Matched 09:30 - 10:15 VIRTUAL RPM™ 11:00 - 11:45 VIRTUAL RPM™ 17:00 - 17:45 VIRTUAL RPM™ 18:00 - 18:45 RPM™ Pool 12:30 - 13:15 Aqua Gym 07:45 - 08:15 B:Corefit 09:30 - 10:00 B:Conditioned 12:00 - 12:30 B:Conditioned 17:30 - 18:00 B:Strong	Studio 1 09:00 - 09:30 Metafit 09:30 - 10:30 BODYBALANCE™ 10:30 - 11:30 Pump Up With Paul 11:45 - 12:45 Tai Chi 12:45 - 14:00 Yoga 14:00 - 14:45 Pilates 14:45 - 15:30 Pilates 16:15 - 17:00 Pilates 17:00 - 17:45 Pilates 17:45 - 18:45 BODYCOMBAT™ 18:45 - 19:30 BODYPUMP™ 19:30 - 20:15 BODYBALANCE™ Studio 2 06:15 - 07:00 Studio Cycling 09:30 - 10:30 Studio Cycling 11:30 - 12:15 VIRTUAL RPM™ 18:00 - 18:45 VIRTUAL RPM™ 19:00 - 19:45 Studio Cycling Pool 18:45 - 19:30 Aqua-Zumba Gym 07:30 - 08:00 B:Strong 10:45 - 11:15 B:Corefit 12:30 - 13:00 B:Conditioned 17:30 - 18:00 B:Corefit	Studio 1 09:00 - 09:30 CXWORX™ 09:30 - 10:45 Yoga 10:45 - 12:00 Yoga 12:00 - 13:00 BODYBALANCE™ 14:30 - 15:30 Yoga 18:00 - 18:30 CXWORX™ 18:45 - 19:45 Pump Up With Paul 20:00 - 21:00 Yoga Studio 2 06:30 - 07:00 Studio Cycling 09:30 - 10:15 VIRTUAL RPM™ 11:00 - 11:45 VIRTUAL RPM™ 17:15 - 18:15 Studio Cycling 18:45 - 19:30 VIRTUAL RPM™ Pool 10:00 - 10:45 Aqua Gym 07:30 - 08:00 B:Strong 11:00 - 11:30 B:Conditioned 17:15 - 17:45 B:Corefit	Studio 1 08:00 - 09:00 Step 09:00 - 10:00 202020 10:15 - 11:15 BODYPUMP™ 11:30 - 12:30 Zumba 12:45 - 14:00 Yoga 14:00 - 15:15 Yoga Studio 2 08:00 - 08:45 VIRTUAL RPM™ 10:00 - 10:45 VIRTUAL RPM™ 12:15 - 13:15 Studio Cycling Gym 10:00 - 10:30 B:Strong 13:00 - 13:30 B:Corefit 17:00 - 17:30 B:Conditioned	Studio 1 08:30 - 09:30 BODYCOMBAT™ 09:40 - 10:40 BODYBALANCE™ 10:45 - 11:45 BODYPUMP™ 11:45 - 12:45 Yoga 13:00 - 14:00 Yoga Studio 2 09:30 - 10:15 RPM™ 12:00 - 12:45 VIRTUAL RPM™ Gym 09:00 - 09:30 B:Conditioned 10:00 - 10:30 B:Corefit 17:00 - 17:30 B:Strong

