

Monday

Studio 1

09:30 - 10:30 **Belly Dancing**
10:30 - 11:30 **BODYPUMP™**
11:45 - 12:45 **Young @ Heart**
17:30 - 18:00 **Bootcamp**
18:00 - 18:30 **Metafit**
18:30 - 19:30 **BODYCOMBAT™**
19:30 - 20:30 **BODYPUMP™**

Pool

10:00 - 10:45 **Aqua**
18:00 - 18:30 **Express Aqua**

Mind and Body

09:30 - 10:30 **Hatha Yoga**
11:00 - 12:00 **BODYBALANCE™**
12:45 - 13:45 **Pilates**
19:00 - 20:00 **Pilates**

Spin

09:30 - 10:15 **Group Cycling**
18:00 - 18:30 **Les Mills Virtual RPM™**
18:45 - 19:30 **Group Cycling**
20:15 - 20:45 **B:Matched**

Gym

06:30 - 07:00 **B:Strong**
07:00 - 07:30 **B:Corefit**
11:00 - 11:30 **Kettlebells**
19:00 - 19:30 **B:Strong**
19:30 - 20:00 **Kettlebells**

Tuesday

Studio 1

06:30 - 07:00 **Metafit**
09:15 - 10:00 **SH'BAM™**
10:00 - 11:00 **BODYATTACK™**
12:00 - 12:30 **Bootcamp**
18:00 - 18:30 **Metafit**
18:30 - 19:30 **BODYCOMBAT™**
19:30 - 20:00 **Boxfit**
20:15 - 21:00 **Zumba**

Pool

10:30 - 11:15 **Aqua**
13:00 - 13:45 **Aqua**

Mind and Body

10:00 - 11:00 **Vinyasa Yoga**
18:30 - 19:30 **Yoga**
20:00 - 21:00 **Pilates**

Spin

08:45 - 09:15 **B:Matched**
14:00 - 14:30 **B:Matched**
18:30 - 19:15 **Group Cycling**
19:30 - 20:15 **Group Cycling**

Gym

07:00 - 07:30 **B:Corefit**
18:45 - 19:30 **B:Strong**

Wednesday

Studio 1

09:30 - 10:30 **Bootcamp**
10:30 - 11:30 **Young @ Heart**
17:00 - 17:30 **Body Conditioning**
17:30 - 18:00 **Metafit**
18:30 - 19:30 **Belly Dancing**
20:30 - 21:30 **BODYPUMP™**

Pool

11:45 - 12:30 **Aqua**

Mind and Body

11:00 - 12:15 **Vinyasa Flow**
19:00 - 20:00 **Pilates**
20:30 - 21:45 **Yoga**

Spin

06:30 - 07:00 **Group Cycling**
09:30 - 10:15 **Group Cycling**
19:30 - 20:15 **Group Cycling**

Gym

18:30 - 19:00 **B:Conditioned**
19:00 - 19:30 **Kettlebells**

Thursday

Studio 1

06:15 - 06:45 **Metafit**
09:30 - 10:30 **BODYATTACK™**
10:30 - 11:30 **BODYCOMBAT™**
17:45 - 18:45 **Bootcamp**
18:45 - 19:45 **BODYATTACK™**
20:00 - 20:30 **Metafit**

Pool

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

Mind and Body

09:30 - 10:30 **Pilates**
11:30 - 12:30 **Hatha Yoga**
18:00 - 19:00 **Pilates**
19:45 - 20:45 **BODYBALANCE™**

Spin

07:00 - 07:30 **Les Mills Virtual RPM™**
09:30 - 10:15 **Group Cycling**
18:30 - 19:15 **B:Matched**
19:30 - 20:15 **Group Cycling**
20:30 - 21:00 **B:Matched**

Gym

06:45 - 07:15 **B:Corefit**
11:30 - 12:00 **B:Corefit**
19:15 - 19:45 **B:Strong**

Friday

Studio 1

06:30 - 07:00 **Metafit**
07:00 - 07:30 **Body Conditioning**
09:00 - 09:30 **Metafit**
09:30 - 10:30 **BODYPUMP™**
10:30 - 11:30 **Young @ Heart**
18:00 - 18:30 **Metafit**
18:30 - 19:00 **Body Conditioning**

Pool

11:45 - 12:30 **Aqua**

Mind and Body

07:00 - 08:00 **Vinyasa Flow Yoga**
09:30 - 10:30 **Yoga**
18:00 - 19:00 **Hatha Yoga**

Spin

11:00 - 11:45 **Group Cycling**
19:30 - 20:00 **B:Matched**

Gym

10:15 - 10:45 **Kettlebells**
19:00 - 19:30 **B:Strong**

Saturday

Studio 1

08:30 - 09:30 **BODYPUMP™**
09:30 - 10:30 **BODYCOMBAT™**
10:30 - 11:30 **Zumba**
12:30 - 13:00 **CXWORX™ Virtual**
18:15 - 18:45 **Metafit**

Mind and Body

09:30 - 10:30 **Hatha Yoga**
11:30 - 12:30 **Pilates**

Spin

10:30 - 11:15 **Group Cycling**
13:00 - 13:30 **RPM Virtual**

Gym

08:45 - 09:15 **B:Corefit**
09:15 - 09:45 **B:Conditioned**
18:45 - 19:15 **B:Corefit**

Sunday

Studio 1

08:30 - 09:00 **Boot Camp**
09:15 - 10:15 **BODYPUMP™**
10:15 - 11:15 **BODYATTACK™**
11:15 - 11:45 **SH'BAM™**

Pool

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

Mind & Body

09:00 - 10:00 **Yoga**
10:30 - 11:30 **Restorative Yoga**

Spin

10:30 - 11:00 **Les Mills Virtual RPM™**
12:30 - 13:00 **B:Matched**

Gym

09:15 - 09:45 **Kettlebells**
11:15 - 11:45 **B:Corefit**
17:00 - 17:30 **B:Corefit**
17:30 - 18:00 **B:Conditioned**

