

Monday

Studio 1

09:30 - 10:30 **BODYPUMP™**
09:30 - 10:15 **Clubbercise**
12:30 - 13:00 **VIRTUAL SH'BAM™**
18:30 - 19:30 **BODYPUMP™**
19:30 - 20:15 **BODYATTACK™**

Studio 2

10:30 - 11:25 **Pilates**
11:30 - 12:30 **Pilates**
12:45 - 14:00 **Yoga**
18:45 - 19:15 **Tabata**
19:30 - 20:15 **Pilates**

Spin Studio

06:45 - 07:30 **Group Cycle**
09:30 - 10:15 **Group Cycle**
12:00 - 12:30 **VIRTUAL RPM™**
13:00 - 13:30 **VIRTUAL RPM™**
19:30 - 20:15 **Group Cycle**

Indoor Rig

07:35 - 08:05 **B:Strong**
12:00 - 12:30 **B:Corefit**

Pool

10:35 - 11:20 **Aqua**

Tuesday

Studio 1

06:30 - 07:00 **Metafit**
08:30 - 09:30 **BODYCOMBAT™**
09:30 - 10:30 **Fight Klub™**
10:30 - 11:30 **Totally Shredded**
14:00 - 14:30 **VIRTUAL CXWORX™**
17:45 - 18:30 **BODYPUMP™**
19:15 - 20:15 **Fight Klub™**

Studio 2

09:40 - 10:15 **Dance Fit**
10:30 - 11:30 **BODYBALANCE™**
11:30 - 12:30 **Pilates**
20:15 - 21:30 **Pilates**

Spin Studio

06:45 - 07:30 **Group Cycle**
09:30 - 10:15 **Group Cycle**
12:00 - 12:30 **VIRTUAL RPM™**
13:00 - 13:45 **B:Matched**
19:00 - 19:45 **Group Cycle**

Indoor Rig

07:35 - 08:05 **B:Corefit**
18:30 - 19:00 **B:Strong**

Pool

11:00 - 11:40 **Aqua**

Wednesday

Studio 1

09:30 - 10:30 **BODYPUMP™**
10:30 - 11:15 **Body Conditioning**
18:30 - 19:30 **BODYATTACK™**
19:30 - 20:30 **BODYPUMP™**

Studio 2

09:15 - 10:00 **Barre Conditioning**
10:30 - 11:30 **Pilates**
11:30 - 12:45 **Yoga**
18:45 - 19:45 **BODYBALANCE™**

Spin Studio

06:45 - 07:30 **Group Cycle**
09:30 - 10:15 **Group Cycle**
12:00 - 12:30 **VIRTUAL RPM™**
13:00 - 13:30 **VIRTUAL RPM™**
13:00 - 13:45 **B:Matched**
19:00 - 19:45 **Group Cycle**

Indoor Rig

06:30 - 07:00 **B:Corefit**
07:35 - 08:05 **B:Strong**
18:30 - 19:00 **B:Strong**

Pool

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

Thursday

Studio

06:30 - 07:30 **Circuits**
09:30 - 10:30 **Fight Klub™**
11:30 - 12:30 **BODYPUMP™**
14:00 - 14:30 **VIRTUAL CXWORX™**
17:45 - 18:30 **BODYPUMP™**
18:45 - 19:15 **Metafit**
19:30 - 20:30 **Fight Klub™**

Studio 2

09:15 - 10:00 **Pilates**
10:45 - 11:45 **Pilates**
18:30 - 19:30 **Yoga**

Spin Studio

06:15 - 07:00 **Group Cycle**
09:30 - 10:15 **Group Cycle**
12:00 - 12:30 **VIRTUAL RPM™**
13:00 - 13:30 **VIRTUAL RPM™**
18:30 - 19:15 **Group Cycle**

Indoor Rig

13:30 - 14:00 **B:Corefit**

Pool

11:00 - 11:45 **Aqua**

Friday

Studio 1

07:00 - 07:30 **Metafit**
09:30 - 10:30 **BODYPUMP™**
12:30 - 13:00 **VIRTUAL SH'BAM™**

Studio 2

10:30 - 11:30 **BODYBALANCE™**
11:30 - 12:45 **Yoga**

Spin Studio

06:45 - 07:30 **Group Cycle**
09:30 - 10:15 **Group Cycle**
12:00 - 12:30 **VIRTUAL RPM™**
19:00 - 19:30 **VIRTUAL RPM™**

Pool

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

Indoor Rig

13:00 - 13:30 **B:Corefit**
18:30 - 19:30 **B:Masterclass**

Saturday

Studio

09:00 - 09:45 **BODYATTACK™**
10:00 - 11:00 **BODYPUMP™**
14:00 - 14:30 **VIRTUAL CXWORX™**
17:00 - 17:30 **Metafit**

Studio 2

11:00 - 12:00 **BODYBALANCE™**

Spin Studio

08:30 - 09:15 **Group Cycle**
17:00 - 17:45 **B:Matched**

Indoor Rig

09:30 - 10:00 **B:Functional**
13:00 - 13:30 **B:Corefit**

Sunday

Studio 1

09:00 - 10:00 **Circuits**
11:00 - 11:30 **VIRTUAL BODYBALANCE™**

Studio 2

09:30 - 10:30 **Yoga**

Spin Studio

09:30 - 10:30 **Group Cycle**
17:00 - 17:45 **B:Matched**

Indoor Rig

17:00 - 17:30 **B:MasterClass**



Wellness Bundles. Supporting your member journey.