

**Monday**

**Main Studio**

07:10 - 07:55 **Yoga**  
08:00 - 08:45 **Body Conditioning**  
08:45 - 09:10 **Pure Abs**  
09:10 - 10:00 **Body Conditioning**  
10:00 - 10:45 **Zumba**  
10:45 - 11:30 **Beginners Pilates**  
11:35 - 12:35 **Iyengar Yoga**  
12:40 - 13:25 **BODYPUMP™**  
13:30 - 14:30 **BODYBALANCE™**  
14:35 - 15:30 **Beginners Pilates**  
15:35 - 16:35 **Intermediate Pilates**  
17:30 - 18:15 **Dance Fit**  
18:15 - 18:45 **HIIT**  
18:45 - 19:30 **BODYATTACK™**  
19:35 - 20:20 **BODYPUMP™**  
20:25 - 21:10 **BODYBALANCE™**

**Cycle Studio**

07:15 - 08:00 **RPM™**  
09:15 - 10:00 **RPM™**  
18:00 - 18:45 **RPM™**  
18:50 - 19:35 **RPM™**

**Pool**

10:15 - 11:00 **Aqua**  
12:35 - 13:20 **Aqua**  
18:00 - 18:45 **Aqua**

**Gym Floor**

08:50 - 09:10 **B:Strong**  
18:50 - 19:10 **B:Corefit**

**Tuesday**

**Main Studio**

07:10 - 07:55 **BODYPUMP™**  
08:15 - 09:00 **BODYSTEP™**  
09:15 - 10:00 **HIIT and Abs**  
10:00 - 10:45 **Body Conditioning**  
10:50 - 11:35 **BODYBALANCE™**  
11:40 - 12:25 **50+ Circuits**  
12:30 - 13:25 **Intermediate Pilates**  
13:30 - 14:30 **Vinyasa Yoga**  
15:00 - 16:00 **Intermediate Pilates**  
17:35 - 18:20 **BODYPUMP™**  
18:30 - 19:15 **BODYCOMBAT™**  
19:15 - 20:00 **Beginners Pilates**  
20:05 - 21:00 **Circuits**

**Cycle Studio**

07:15 - 08:00 **RPM™**  
09:10 - 09:55 **RPM™**  
18:30 - 19:15 **RPM™**

**Pool**

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

**Gym Floor**

08:10 - 08:30 **B:Conditioned**  
12:10 - 12:30 **B:Strong**  
19:40 - 20:00 **B:Corefit**

**Wednesday**

**Main Studio**

07:10 - 07:55 **BODYBALANCE™**  
08:00 - 08:55 **Ashtanga Yoga**  
09:00 - 09:30 **Pure Abs**  
09:30 - 10:30 **Body Conditioning**  
10:30 - 11:30 **Salsa Fit**  
11:30 - 12:30 **Advanced Pilates**  
13:00 - 14:00 **Tai Chi**  
14:45 - 16:00 **Yoga**  
17:00 - 17:45 **Intermediate Pilates**  
18:00 - 19:00 **BODYPUMP™**  
19:05 - 19:50 **BODYATTACK™**  
20:00 - 21:00 **BODYBALANCE™**

**Cycle Studio**

09:10 - 09:55 **RPM™**  
18:10 - 18:55 **RPM™**  
19:10 - 19:55 **RPM™**

**Pool**

09:45 - 10:30 **Aqua**  
18:15 - 19:00 **Aqua**

**Gym Floor**

07:10 - 07:30 **B:Conditioned**  
07:35 - 07:55 **B:Corefit**  
12:30 - 12:50 **B:Strong**  
20:00 - 20:20 **B:Corefit**

**Thursday**

**Main Studio**

07:15 - 08:00 **BODYSTEP™**  
08:30 - 09:15 **BODYBALANCE™**  
09:25 - 10:25 **BODYPUMP™**  
10:35 - 11:25 **Body Conditioning**  
11:30 - 12:30 **Zumba**  
12:30 - 14:00 **Hatha Yoga**  
14:00 - 14:45 **BODYBALANCE™**  
17:40 - 18:25 **BODYCOMBAT™**  
18:30 - 19:00 **HIIT**  
19:10 - 19:55 **BODYPUMP™**  
20:00 - 21:00 **BODYBALANCE™**

**Cycle Studio**

07:15 - 08:00 **RPM™**  
09:10 - 09:55 **RPM™**  
17:40 - 18:25 **RPM™**

**Pool**

09:45 - 10:30 **Aqua**  
15:00 - 15:45 **Aqua**

**Gym Floor**

08:40 - 09:00 **B:Strong**  
11:30 - 11:50 **B:Corefit**  
17:40 - 18:00 **B:Conditioned**

**Friday**

**Main Studio**

07:10 - 08:10 **BODYPUMP™**  
08:20 - 09:20 **BODYBALANCE™**  
09:25 - 10:10 **BODYATTACK™**  
10:15 - 11:00 **BODYBALANCE™**  
11:05 - 12:00 **Yoga**  
12:05 - 13:00 **Intermediate Pilates**  
13:05 - 14:05 **Beginners Pilates**  
14:05 - 15:05 **Advanced Pilates**  
17:00 - 18:00 **BODYBALANCE™**  
18:05 - 19:05 **BODYPUMP™**  
19:15 - 20:30 **Yoga**

**Cycle Studio**

07:15 - 08:00 **RPM™**  
09:00 - 09:30 **B:Matched**  
10:10 - 10:55 **RPM™**  
17:45 - 18:30 **RPM™**

**Pool**

09:45 - 10:30 **Aqua Aerobics**

**Gym Floor**

09:45 - 10:05 **B:Corefit**  
18:35 - 18:55 **B:Conditioned**

**Saturday**

**Main Studio**

08:55 - 09:55 **BODYBALANCE™**  
10:00 - 11:00 **BODYPUMP™**  
11:05 - 12:00 **Body Conditioning**  
12:10 - 13:10 **BODYCOMBAT™**  
13:45 - 14:35 **Beginners Pilates**

**Cycle Studio**

09:05 - 09:50 **RPM™**  
10:10 - 10:55 **RPM™**

**Pool**

09:15 - 10:00 **Aqua**

**Gym Floor**

08:35 - 08:55 **B:Strong**

**Sunday**

**Main Studio**

08:40 - 09:55 **Yoga**  
10:00 - 11:00 **BODYSTEP™**  
11:05 - 12:05 **BODYPUMP™**  
12:15 - 13:00 **BODYBALANCE™**  
17:30 - 19:00 **Yoga**

**Cycle Studio**

09:00 - 09:45 **RPM™**

**Gym Floor**

10:10 - 10:30 **B:Conditioned**

