

Monday

Mind and Body

06:30 - 07:15 **BODYATTACK™**
09:30 - 10:15 **LBT**
10:15 - 11:00 **BODYATTACK™**
11:15 - 11:45 **B Young At Heart**
18:00 - 19:00 **BODYPUMP™**
19:00 - 19:30 **Kettlebells**
19:30 - 20:00 **LBT Express**
20:00 - 21:00 **BODYBALANCE™**

Cycling Studio

06:15 - 07:00 **Group Cycling**
10:15 - 11:15 **Yoga**
17:30 - 18:00 **Myzone Fitness Test**
18:00 - 18:30 **Group Cycling**
18:45 - 19:30 **Group Cycling**

Gym Floor

13:15 - 13:45 **Kettlebells**
17:30 - 18:00 **B:Conditioned**

Pool

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

Tuesday

Mind and Body

06:15 - 07:00 **Circuits**
09:15 - 10:15 **Zumba**
10:30 - 11:15 **BODYPUMP™**
11:30 - 12:30 **Yoga**
17:30 - 18:00 **Ab Attack**
18:00 - 18:45 **BODYATTACK™**
18:45 - 19:30 **BODYCOMBAT™**
19:45 - 20:45 **BODYBALANCE™**

Cycling Studio

06:15 - 07:00 **Group Cycling**
09:30 - 10:30 **Pilates**
10:30 - 11:30 **Pilates**
13:15 - 13:45 **Group Cycling**
18:00 - 18:30 **B:Matched**
18:45 - 19:15 **Group Cycling**

Gym Floor

17:15 - 17:45 **B:Strong**

Pool

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

Wednesday

Mind and Body

06:30 - 07:15 **BODYCOMBAT™**
09:15 - 10:00 **B Young At Heart**
10:00 - 10:45 **BODYCOMBAT™**
10:45 - 11:30 **Dance Fit**
17:45 - 18:30 **Circuits**
18:30 - 19:15 **BODYPUMP™**
19:30 - 20:15 **Dance Fit**
20:15 - 21:15 **Yoga**

Cycling Studio

06:15 - 07:00 **RPM™**
09:15 - 09:45 **Group Cycling**
10:15 - 11:15 **BODYBALANCE™**
18:00 - 18:45 **Group Cycling**

Gym Floor

13:15 - 13:45 **B:Conditioned**
17:30 - 18:00 **B:Strong**

Thursday

Mind and Body

06:15 - 07:00 **BODYPUMP™**
09:30 - 10:00 **LBT Express**
10:15 - 11:15 **Yoga**
11:30 - 12:30 **Pilates**
17:30 - 18:00 **Ab Attack**
18:00 - 19:00 **BODYATTACK™**
19:00 - 20:00 **BODYCOMBAT™**

Cycling Studio

06:15 - 06:45 **Group Cycling**
10:00 - 10:45 **B Young At Heart**
10:45 - 11:30 **Dance Fit**
17:30 - 18:00 **B:Matched**
18:15 - 19:00 **Kettlebells**
19:15 - 20:15 **Group Cycling**

Gym Floor

13:15 - 13:45 **B:Corefit**
17:00 - 17:30 **B:Conditioned**

Pool

10:30 - 11:15 **Aqua Aerobics**
19:30 - 20:15 **Aqua Aerobics**

Friday

Mind and Body

09:15 - 10:15 **Zumba**
10:30 - 11:30 **BODYPUMP™**
19:00 - 20:00 **Yoga**

Cycling Studio

06:15 - 07:00 **RPM™**
09:15 - 09:45 **Group Cycling**
10:00 - 11:00 **Tai Chi**
17:30 - 18:00 **B:Matched**
18:15 - 18:45 **Group Cycling**
18:45 - 19:00 **Ab Attack**

Gym Floor

06:30 - 07:00 **B:Conditioned**
13:15 - 13:45 **B:Strong**

Pool

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

Saturday

Mind and Body

08:15 - 09:15 **Beginners Yoga**
09:30 - 10:30 **Dance Fit**
10:30 - 11:30 **BODYATTACK™**

Cycling Studio

08:15 - 09:30 **Yoga**
10:15 - 11:00 **Group Cycling**
17:00 - 17:30 **Group Cycling**

Pool

10:00 - 10:45 **Aqua Aerobics**

Sunday

Mind and Body

10:00 - 11:00 **BODYPUMP™**
11:15 - 12:00 **BODYCOMBAT™**
18:00 - 19:15 **Yoga**

Cycling Studio

11:00 - 11:30 **Group Cycling**
11:30 - 12:00 **Ab Attack**
17:00 - 17:30 **Group Cycling**



Wellness Bundles. Supporting your member journey.

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