

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Studio 1</b></p> <p>06.15 - 07.00 <b>BODYATTACK™</b></p> <p>09.30 - 10.30 <b>Dancercise</b></p> <p>10.40 - 11.25 <b>BODYCOMBAT™</b></p> <p>11.45 - 12.45 <b>Dancercise</b></p> <p>17.30 - 18.30 <b>BODYSTEP™</b></p> <p>18.35 - 19.35 <b>BODYATTACK™</b></p> <p><b>Studio 2</b></p> <p>09.00 - 10.30 <b>Iyengar Yoga</b></p> <p>10.40 - 11.40 <b>Bodyfit Golf</b></p> <p>11.45 - 12.45 <b>Bodyfit Golf</b></p> <p>17.30 - 18.00 <b>LBT</b></p> <p>18.00 - 18.30 <b>Metafit</b></p> <p>19:15 - 20:15 <b>Boxfit</b></p> <p><b>Cycling Studio</b></p> <p>10.00 - 10.30 <b>Group Cycling</b></p> <p>18.00 - 18.45 <b>RPM™</b></p> <p><b>Gym Floor</b></p> <p>06.15 - 07.00 <b>B:Strong</b></p> <p>09.15 - 10.00 <b>B:Strong</b></p> <p>18.30 - 19.15 <b>B:Conditioned</b></p>	<p><b>Studio 1</b></p> <p>06.35 - 07.05 <b>Metafit</b></p> <p>07.05 - 07.35 <b>Virtual BODYCOMBAT™</b></p> <p>09.15 - 09.45 <b>Step</b></p> <p>10.00 - 11.00 <b>BODYPUMP™</b></p> <p>11.05 - 12.05 <b>Dancercise</b></p> <p>16.00 - 16.45 <b>Junior Circuits</b></p> <p>18.00 - 19.00 <b>BODY PUMP™</b></p> <p>19.05 - 20.05 <b>BODY COMBAT™</b></p> <p><b>Studio 2</b></p> <p>09.30 - 11.00 <b>Yoga</b></p> <p>13.30 - 15.00 <b>Yoga</b></p> <p>17.30 - 18.00 <b>LBT</b></p> <p>18.00 - 19.30 <b>Ashtanga Yoga</b></p> <p>19.30 - 20.30 <b>BODYBALANCE™</b></p> <p><b>Cycling Studio</b></p> <p>09.00 - 09.45 <b>RPM™</b></p> <p>17.30 - 18.00 <b>Virtual RPM™</b></p> <p>19.05 - 19.50 <b>RPM™</b></p> <p><b>Gym Floor</b></p> <p>09.45 - 10.30 <b>B:Corefit</b></p> <p>18.00 - 18.45 <b>B:Strong</b></p> <p><b>Pool</b></p> <p>12.30 - 13.15 <b>Aqua Aerobics</b></p>	<p><b>Studio 1</b></p> <p>06.15 - 07.00 <b>BODYPUMP™</b></p> <p>09.15 - 10.15 <b>Dancercise</b></p> <p>10.15 - 11.15 <b>BODYBALANCE™</b></p> <p>11.15 - 12.15 <b>Yoga</b></p> <p>17.30 - 18.15 <b>BODYCOMBAT™</b></p> <p>18.30 - 19.30 <b>Circuits</b></p> <p>19.30 - 20.00 <b>Metafit</b></p> <p><b>Studio 2</b></p> <p>09.15 - 10.15 <b>Bodyfit Golf</b></p> <p>11.00 - 12.00 <b>Pilates</b></p> <p>14.00 - 15.00 <b>Pilates</b></p> <p>17.30 - 18.30 <b>Pilates</b></p> <p>18.30 - 20.00 <b>Yoga</b></p> <p><b>Cycling Studio</b></p> <p>07.30 - 08.00 <b>Virtual RPM™</b></p> <p>10.00 - 10.30 <b>Group Cycling</b></p> <p>17.45 - 18.15 <b>RPM™</b></p> <p>20.00 - 20.30 <b>Group Cycling</b></p> <p><b>Gym Floor</b></p> <p>06.15 - 07.00 <b>B:Corefit</b></p> <p>09.15 - 10.00 <b>B:Conditioned</b></p> <p><b>Pool</b></p> <p>10.45 - 11.30 <b>Aqua Aerobics</b></p>	<p><b>Studio 1</b></p> <p>06.15 - 07.00 <b>BODYBALANCE™</b></p> <p>10.05 - 11.05 <b>BODYPUMP™</b></p> <p>11.05 - 12.05 <b>BODYBALANCE™</b></p> <p>16.30 - 17.15 <b>Junior Circuits</b></p> <p>17.20 - 17.50 <b>Virtual CXWORX™</b></p> <p>18.00 - 19.00 <b>BODYATTACK™</b></p> <p>19.15 - 20.15 <b>BODYPUMP™</b></p> <p><b>Studio 2</b></p> <p>09.30 - 10.30 <b>Pilates</b></p> <p>10.45 - 11.45 <b>Pilates</b></p> <p>18.00 - 19.00 <b>BODYBALANCE™</b></p> <p>19.45 - 21.15 <b>Yoga</b></p> <p><b>Cycling Studio</b></p> <p>06.15 - 07.00 <b>RPM™</b></p> <p>09.30 - 10.00 <b>Group Cycling</b></p> <p>17:20 - 17:50 <b>B:Matched</b></p> <p>18.15 - 19.00 <b>RPM™</b></p> <p><b>Gym Floor</b></p> <p>10.15 - 11.00 <b>B:Strong</b></p> <p><b>Pool</b></p> <p>09.45 - 10.30 <b>Aqua Aerobics</b></p>	<p><b>Studio 1</b></p> <p>10.00 - 10.30 <b>Circuits</b></p> <p>10.35 - 11.35 <b>Dancercise</b></p> <p>11.35 - 12.05 <b>Movement, Flexibility &amp; Rehabilitation</b></p> <p>12.05 - 13.05 <b>Dancercise</b></p> <p>17.45 - 18.15 <b>Step</b></p> <p>18.15 - 19.00 <b>BODYBALANCE™</b></p> <p>19.00 - 20.00 <b>Adult Karate</b></p> <p><b>Studio 2</b></p> <p>10.35 - 11.35 <b>Yoga for Weight Trainers</b></p> <p>11.45 - 12.45 <b>Pilates</b></p> <p>17.30 - 19.00 <b>Power Vinyassa Yoga</b></p> <p><b>Cycling Studio</b></p> <p>06.15 - 07.00 <b>Group Cycling</b></p> <p>09.30 - 10.00 <b>Group Cycling</b></p> <p>17.00 - 17.30 <b>RPM™</b></p> <p>18.30 - 19.15 <b>Virtual RPM™</b></p> <p><b>Gym Floor</b></p> <p>06.15 - 07.00 <b>B:Conditioned</b></p> <p>17.30 - 18.15 <b>B:Strong</b></p>	<p><b>Studio 1</b></p> <p>08.10 - 09.10 <b>BODYATTACK™</b></p> <p>09.15 - 09.45 <b>Virtual CXWORX™</b></p> <p>10.10 - 11.10 <b>BODYPUMP™</b></p> <p>11.15 - 11.45 <b>Metafit</b></p> <p>14.00 - 14.45 <b>Junior Circuits</b></p> <p><b>Cycling Studio</b></p> <p>09.15 - 10.00 <b>Group Cycling</b></p> <p>17.00 - 17.45 <b>Virtual RPM™</b></p> <p><b>Sunday</b></p> <p><b>Studio 1</b></p> <p>10.00 - 10.30 <b>Circuits</b></p> <p>16.00 - 17.00 <b>Karate (junior)</b></p> <p>17.00 - 18.00 <b>Karate (junior)</b></p> <p><b>Cycling Studio</b></p> <p>09.30 - 10.00 <b>Group Cycling</b></p> <p>16.30 - 17.00 <b>Group Cycling</b></p> <p><b>Gym Floor</b></p> <p>08.30 - 09.15 <b>B:Corefit</b></p> <p>17.00 - 17.30 <b>B:Conditioned</b></p>

