

Monday

Studio 1

06:30 - 07:00 Virtual BODYPUMP™
09:00 - 09:30 Virtual SHBAM™
09:30 - 10:30 Boot Camp
10:30 - 11:30 Movement, Flexibility, Rehabilitation
11:30 - 12:15 Legs, Bums & Tums
12:15 - 13:15 BODYBALANCE™
13:30 - 14:15 Virtual SHBAM™
16:00 - 16:30 Junior Tae Kwon Do (4-6 Years)
16:30 - 17:30 Junior Tae Kwon Do (7-14 Years)
18:15 - 19:15 Box Fitness
19:30 - 20:30 Sculpt

Speedflex

09:15 - 09:30 SpeedFlex (Technique)
09:30 - 10:00 SpeedFlex (30)
12:30 - 13:00 SpeedFlex (30)
19:00 - 19:15 SpeedFlex (Technique)
19:15 - 19:45 SpeedFlex (30)

Mind and Body

07:30 - 08:30 Pilates
09:00 - 09:45 Pilates (Myofascial Release)
10:00 - 11:00 Pilates (Myofascial Release)
11:15 - 12:00 Yoga
13:30 - 14:30 Pilates (Myofascial Release)
18:25 - 19:25 Yoga (Fitness)
19:30 - 20:30 Pilates

Cycling Studio

07:00 - 07:30 RPM™
12:30 - 13:15 Cyclefit
17:45 - 18:15 Cyclefit
18:30 - 19:15 RPM™

Gym (Functional Area)

10:30 - 11:00 B:Corefit

Pool

09:15 - 10:00 Aquafit
12:30 - 13:15 Aquafit

Tennis Courts

18:00 - 19:00 Adult Cardio Tennis

Tuesday

Studio 1

07:00 - 07:45 Virtual BODYBALANCE™
08:30 - 09:00 Virtual BODYPUMP™
09:45 - 10:30 SHBAM™
10:30 - 11:15 BODYATTACK™
11:20 - 12:05 BODYPUMP™
12:30 - 13:15 Virtual SHBAM™
17:30 - 18:00 Kettlebell Training
18:00 - 18:45 BODYATTACK™
18:55 - 19:40 Zumba
19:45 - 20:45 BODYPUMP™

Speedflex

09:45 - 10:30 BodyFlex (45)
12:45 - 13:15 SpeedFlex (30)
18:15 - 18:45 SpeedFlex (30)

Mind and Body

09:00 - 09:45 Yoga (Fitness)
10:00 - 11:00 Yoga
11:15 - 12:15 Yoga (Gentle)
12:30 - 13:30 Pilates
15:00 - 16:00 Yoga
18:30 - 19:30 Yoga
19:35 - 20:35 Yoga

Cycling Studio

07:00 - 07:30 RPM™/Cyclefit
18:00 - 18:30 B:Matched
18:45 - 19:30 RPM™

Gym (Functional Area)

06:30 - 07:00 B:Strong
09:15 - 09:45 B:Conditioned

Pool

10:00 - 10:45 Aquafit
20:00 - 20:45 Aquafit

Tennis Courts

09:30 - 11:30 Ladies Morning

Squash Courts

11:30 - 12:30 Tai Chi

Wednesday

Studio 1

06:30 - 07:00 Virtual CXWORX™
07:00 - 08:00 Pilates
09:30 - 10:00 Metafit
10:00 - 11:00 Step & Tone
11:00 - 11:45 Sculpt
12:30 - 13:15 BODYPUMP™
17:40 - 18:10 Kettlebell Training
18:10 - 19:10 BODYCOMBAT™
19:15 - 20:15 Boot Camp
20:20 - 20:50 Virtual CXWORX™

Speedflex

06:15 - 06:45 SpeedFlex (30)
11:00 - 11:30 SpeedFlex (30)
18:00 - 18:45 BodyFlex (45)

Mind and Body

09:00 - 09:45 Pilates
09:50 - 10:50 Yoga
11:00 - 11:45 Yoga (Fitness)
12:00 - 13:00 Yoga (Fitness)
13:30 - 14:30 Pilates (Fitness)
17:00 - 18:00 Pilates
18:00 - 19:00 Pilates
19:00 - 20:00 BODYBALANCE™
20:00 - 21:00 Yoga

Cycling Studio

7:00 - 07:30 RPM™/Cyclefit
10:00 - 10:45 RPM™
17:45 - 18:30 RPM™

Gym (Functional Area)

09:15 - 09:45 B:Corefit
12:45 - 13:15 B:Conditioned

Pool

09:00 - 09:30 Junior Tadpoles
09:30 - 10:00 Junior Tadpoles
10:00 - 10:30 Junior Tadpoles
11:00 - 11:45 Aqua Zumba
14:00 - 15:00 Aqua Therapy

Tennis Courts

09:30 - 10:30 Adult Cardio Tennis
16:30 - 18:00 Junior Tennis (13-18 Years)

Other

13:30 - 14:30 Buggy Buddies

Thursday

Studio 1

06:30 - 07:15 Virtual BODYCOMBAT™
09:00 - 10:00 Circuits
10:00 - 10:45 SHBAM™
10:45 - 11:45 Sculpt
12:15 - 13:00 Bootybarre
13:15 - 14:15 Virtual BODYBALANCE™
16:30 - 17:30 Junior Tae Kwon Do (7-14 Years)
17:45 - 18:15 Virtual BODYCOMBAT™
18:30 - 19:30 BODYPUMP™
19:35 - 20:20 Virtual CXWORX™

Speedflex

07:10 - 07:55 BodyFlex (45)
19:35 - 20:05 SpeedFlex (30)

Mind and Body

07:00 - 07:45 Yoga
09:00 - 09:45 Yoga
09:50 - 10:50 Yoga
11:00 - 12:00 Yoga
18:30 - 19:30 Pilates
19:30 - 20:30 Yoga

Cycling Studio

12:30 - 13:15 Cyclefit
17:45 - 18:15 Cyclefit

Gym (Functional Area)

06:30 - 07:00 B:Corefit
09:15 - 09:45 B:Strong

Pool

10:45 - 11:30 Aqua Aerobics

Friday

Studio 1

06:30 - 07:00 Virtual BODYPUMP™
08:00 - 09:00 Virtual BODYBALANCE™
09:00 - 09:30 Virtual CXWORX™
09:30 - 10:00 Metafit
10:00 - 11:00 Double Trouble
11:00 - 12:00 BODYBALANCE™
12:15 - 13:15 Virtual BODYPUMP™
14:00 - 14:30 Virtual SHBAM™
14:30 - 15:00 Virtual BODYCOMBAT™
19:00 - 20:00 Virtual BODYPUMP™
20:05 - 20:35 Virtual CXWORX™

Speedflex

06:45 - 07:30 BodyFlex (30)
17:30 - 18:15 BodyFlex (45)

Mind and Body

07:00 - 08:00 Pilates
09:30 - 10:30 Pilates
11:00 - 12:00 Yoga (Fitness)
18:30 - 19:30 Yoga

Cycling Studio

12:30 - 13:15 B:Matched

Gym (Functional Area)

09:15 - 09:45 B:Conditioned

Pool

12:30 - 13:15 Aqua Aerobics

Tennis Courts

09:30 - 10:30 Adult Cardio Tennis
16:30 - 17:30 Junior Tennis (9-12 Years)

Other

13:30 - 14:30 Buggy Buddies

Saturday

Studio 1

08:30 - 09:00 Virtual CXWORX™
09:30 - 10:30 Sculpt
10:30 - 11:15 BODYATTACK™
11:15 - 12:15 BODYBALANCE™
12:30 - 13:15 Virtual BODYPUMP™

Speedflex

12:30 - 13:00 SpeedFlex (30)
17:30 - 18:00 SpeedFlex (30)

Mind and Body

09:00 - 10:00 Yoga
10:05 - 11:05 Yoga

Cycling Studio

08:30 - 09:15 B:Matched
10:30 - 11:15 RPM™

Gym (Functional Area)

09:30 - 10:00 B:Corefit

Pool

08:30 - 09:30 Aqua Zumba

Tennis Courts

10:00 - 11:00 Junior Tennis (4-8 Years)

Sunday

Studio 1

08:45 - 09:30 Virtual SHBAM™
09:35 - 10:35 BODYCOMBAT™
10:35 - 11:35 BODYPUMP™
12:00 - 12:30 Virtual BODYBALANCE™
19:00 - 20:00 Virtual BODYBALANCE™

Speedflex

10:45 - 11:00 SpeedFlex (Technique)
11:00 - 11:30 SpeedFlex (30)

Mind and Body

10:35 - 11:35 Yoga

Cycling Studio

09:00 - 09:30 Cyclefit

Gym (Functional Area)

09:40 - 10:10 B:Corefit

