

Monday

Studio 1
06:30 - 07:30 **BODYATTACK™**
09:15 - 10:00 **BODYCOMBAT™**
10:00 - 11:00 **B:Conditioned**
11:00 - 12:00 **Pilates**
12:45 - 14:00 **Yoga**
14:00 - 15:15 **Yoga**
17:15 - 18:00 **Circuits**
18:00 - 19:00 **BODYSTEP™**
19:00 - 20:00 **BODYPUMP™**
20:15 - 21:15 **Yoga**

Studio 2
17:45 - 18:45 **BODYBALANCE™**

Cycling Studio
06:30 - 07:15 **Group Cycle**
09:15 - 09:45 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycle**
17:15 - 17:45 **VIRTUAL RPM™**
18:00 - 18:45 **Group Cycle**
19:00 - 19:45 **VIRTUAL RPM™**

Pool
11:00 - 11:45 **Aqua Aerobics**
14:00 - 14:45 **Aqua Aerobics**

Gym
09:15 - 10:00 **B:Strong**

Tuesday

Studio 1
06:30 - 07:15 **Circuits**
09:15 - 10:00 **Kettlebells**
10:00 - 11:00 **Zumba**
11:00 - 12:00 **Pilates**
13:00 - 14:00 **Pilates**
17:15 - 18:00 **Boxercise**
18:00 - 19:00 **BODYCOMBAT™**
19:00 - 20:00 **BODYPUMP™**

Studio 2
09:15 - 09:45 **Abs Circuit**
18:00 - 18:45 **Yoga**
18:45 - 19:30 **Pilates**

Cycling Studio
06:30 - 07:15 **VIRTUAL RPM™**
09:15 - 09:45 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycle**
17:15 - 17:45 **VIRTUAL RPM™**
18:00 - 18:45 **Group Cycle**
19:00 - 19:45 **VIRTUAL RPM™**

Pool
11:15 - 12:00 **Aqua Aerobics**

Gym
18:00 - 18:45 **B:Corefit**

Wednesday

Studio 1
06:30 - 07:30 **Kettlebells**
09:15 - 10:00 **BODYCOMBAT™**
10:00 - 11:00 **BODYPUMP™**
11:00 - 12:00 **Pilates**
12:00 - 13:00 **Chi Gung**
13:00 - 14:00 **Tai Chi**
14:00 - 15:00 **Yoga**
17:15 - 18:00 **BODYATTACK™**
18:00 - 18:45 **Kettlebells**
19:00 - 20:00 **Yoga**
20:00 - 21:00 **Pilates**

Studio 2
17:15 - 18:15 **BODYBALANCE™**

Cycling Studio
06:30 - 07:15 **Group Cycle**
09:15 - 09:45 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycle**
17:15 - 17:45 **VIRTUAL RPM™**
18:00 - 18:45 **Group Cycle**

Pool
14:00 - 14:45 **Aqua Aerobics**
18:15 - 19:00 **Aqua Aerobics**

Gym
09:15 - 10:00 **B:Conditioned**

Thursday

Studio 1
06:30 - 07:30 **BODYPUMP™**
09:15 - 10:00 **Circuits**
10:00 - 11:00 **SH'BAM™**
11:00 - 12:00 **Pilates**
17:15 - 18:00 **Circuits**
18:00 - 19:00 **BODYATTACK™**
19:00 - 20:00 **BODYPUMP™**

Studio 2
18:00 - 19:00 **BODYBALANCE™**
19:00 - 20:15 **Yoga**

Cycling Studio
06:30 - 07:15 **VIRTUAL RPM™**
09:15 - 09:45 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycle**
17:15 - 17:45 **VIRTUAL RPM™**
18:00 - 18:45 **Group Cycle**

Pool
11:00 - 11:45 **Aqua Aerobics**

Friday

Studio 1
06:30 - 07:15 **Circuits**
09:15 - 10:00 **Zumba**
10:00 - 11:00 **BODYCOMBAT™**
11:00 - 12:30 **Yoga**
13:00 - 14:00 **Ballroom Dance**
14:00 - 15:00 **Pilates**
17:15 - 18:00 **BODYCOMBAT™**
18:00 - 19:00 **BODYPUMP™**

Studio 2
11:00 - 12:00 **BODYBALANCE™**

Cycling Studio
06:30 - 07:15 **Group Cycle**
09:15 - 09:45 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycle**
17:30 - 18:15 **Group Cycle**
18:30 - 19:15 **VIRTUAL RPM™**

Pool
11:15 - 12:00 **Aqua Aerobics**
18:15 - 19:00 **Aqua Aerobics**

Gym
09:15 - 10:00 **B:Corefit**

Saturday

Studio 1
09:00 - 10:00 **BODYCOMBAT™**
10:00 - 11:00 **BODYSTEP™**
11:00 - 12:00 **Yoga**
12:00 - 13:00 **Pilates**
16:00 - 17:00 **VIRTUAL BODYCOMBAT™**

Cycling Studio
09:00 - 09:45 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycle**
17:00 - 17:45 **VIRTUAL RPM™**

Sunday
Studio 1
09:00 - 10:00 **BODYBALANCE™**
10:00 - 11:00 **BODYCOMBAT™**
11:00 - 12:00 **BODYPUMP™**

Cycling Studio
09:00 - 09:45 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycle**
16:00 - 16:45 **VIRTUAL RPM™**

Gym
09:00 - 09:45 **B:Strong**

