

Monday

Studio 2

06:30 - 07:15 **VIRTUAL BODYPUMP™**
09:00 - 10:00 **Pilates**
10:15 - 11:15 **Body Sculpt**
18:00 - 19:00 **Step and Tone**
19:00 - 19:45 **LBT**
20:00 - 21:00 **Yoga**

Cycle Studio

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

Gym

07:00 - 07:30 **B:Strong**
10:30 - 11:00 **B:Conditioned**
19:00 - 19:30 **B:Corefit**

Pool

10:00 - 11:00 **Aqua Aerobics**

Tuesday

Studio 2

06:30 - 07:15 **VIRTUAL BODYCOMBAT™**
09:00 - 10:00 **Circuits**
11:00 - 12:00 **Pilates**
18:00 - 18:45 **BODYPUMP™**
19:00 - 19:45 **BODYATTACK™**
19:45 - 20:45 **Pilates**

Cycle Studio

06:30 - 07:15 **VIRTUAL RPM™**
10:15 - 10:45 **B:Matched**
18:00 - 18:45 **RPM™**

Gym

07:00 - 07:30 **B:Corefit**
19:00 - 19:30 **B:Strong**

Wednesday

Studio 2

06:30 - 07:15 **VIRTUAL BODYPUMP™**
09:15 - 10:00 **Body Sculpt**
10:15 - 11:00 **BODYPUMP™**
11:00 - 12:00 **Yoga**
18:00 - 18:45 **LBT**
18:45 - 19:45 **BODYPUMP™**

Cycle Studio

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

Gym

07:00 - 07:30 **B:Conditioned**
19:00 - 19:30 **B:Corefit**

Pool

10:00 - 11:00 **Aqua Aerobics**

Thursday

Studio 2

06:30 - 07:15 **VIRTUAL BODYCOMBAT™**
09:15 - 10:15 **BODYPUMP™**
10:15 - 11:00 **LBT**
11:00 - 12:00 **Pilates**
12:15 - 13:15 **Yoga**
18:15 - 19:00 **BODYCOMBAT™**
19:00 - 19:45 **Body Sculpt**

Cycle Studio

06:30 - 07:15 **VIRTUAL RPM™**
09:30 - 10:15 **VIRTUAL RPM™**
18:00 - 18:30 **B:Matched**

Gym

10:30 - 11:00 **B:Corefit**
19:00 - 19:30 **B:Conditioned**

Pool

10:00 - 11:00 **Aqua Aerobics**

Friday

Studio 2

06:30 - 07:15 **VIRTUAL BODYPUMP™**
09:00 - 09:45 **Step and Tone**
10:00 - 10:45 **VIRTUAL BODYBALANCE™**
17:30 - 18:30 **Yoga**
18:35 - 19:35 **Zumba**

Cycle Studio

09:15 - 09:45 **B:Matched**

Gym

07:00 - 07:30 **B:Strong**
10:30 - 11:00 **B:Corefit**

Pool

10:00 - 11:00 **Aqua Aerobics**

Saturday

Studio 2

07:45 - 08:45 **VIRTUAL BODYCOMBAT™**
09:00 - 10:00 **BODYPUMP™**
10:15 - 11:15 **Pilates**

Cycle Studio

07:30 - 08:15 **VIRTUAL RPM™**
08:30 - 09:15 **RPM™**

Gym

09:45 - 10:15 **B:Strong**
10:30 - 11:00 **B:Corefit**

Sunday

Studio 2

08:15 - 09:00 **BODYATTACK™**
10:00 - 11:00 **Yoga**

Cycle Studio

08:30 - 09:15 **B:Matched**

Gym

09:30 - 10:00 **B:Strong**
10:15 - 10:45 **B:Corefit**



Wellness Bundles. Supporting your member journey.