

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio	Studio	Studio	Studio	Studio	Studio	Studio
06:45 - 07:30 BODYCOMBAT™	06:45 - 07:30 Group Cycle	06:45 - 07:30 BODYCOMBAT™	06:45 - 07:30 Group Cycle	06:45 - 07:30 BODYPUMP™	10:15 - 11:15 BODYPUMP™	10:15 - 11:00 BODYPUMP™
07:45 - 08:45 Yoga	07:45 - 08:45 Yogalates	07:30 - 08:30 Pilates	08:00 - 09:00 Yoga	07:35 - 08:20 Zumba	11:15 - 12:00 BODYCOMBAT™	11:05 - 12:05 Yoga
09:00 - 10:00 Pilates	12:15 - 13:00 Pilates	08:30 - 09:00 B:Strong	09:00 - 09:30 B:Corefit	08:30 - 09:00 B:Corefit	12:30 - 13:15 B:Matched	13:00 - 13:45 Circuit
10:15 - 11:00 Aqua	13:05 - 13:50 Circuit	09:00 - 10:00 Pilates	12:15 - 13:00 LBT	09:15 - 10:00 Pilates	14:30 - 15:00 B:Conditioned	16:00 - 16:30 Abs Blast
12:15 - 13:00 Body Condition	14:00 - 14:30 B:Conditioned	10:15 - 11:00 Aqua	13:15 - 14:00 Box Fit	10:15 - 11:00 Aqua		
13:15 - 14:00 BODYPUMP™	17:15 - 18:00 Zumba	12:25 - 13:10 Group Cycle	14:00 - 14:30 Metafit	12:15 - 13:00 Group Cycle		
14:00 - 14:30 MetaFit	18:00 - 18:45 LBT	13:15 - 14:00 BODYPUMP™	16:30 - 17:00 B:Conditioned	13:05 - 13:50 BODYBALANCE™		
17:30 - 18:15 Body Condition	18:45 - 19:30 Group Cycle	14:15 - 14:45 B:Conditioned	17:20 - 18:05 Group Cycle	13:50 - 14:20 Metafit		
18:20 - 19:05 Box Fit	19:30 - 20:00 MetaFit	17:25 - 18:10 Mindfulness & Wellbeing	18:10 - 18:55 BODYPUMP™	17:30 - 18:15 Circuits		
19:10 - 20:10 Yoga Stretch		19:15 - 20:00 BODYPUMP™	19:00 - 20:30 Yoga	18:20 - 18:50 Abs Attack		
20:15 - 20:45 B:Conditioned						

