

Monday Tuesday Wednesday Thursday Friday Saturday

Studio 1
09:30 - 10:30 **BODYPUMP™**
10:30 - 11:20 **BODYATTACK™**
11:25 - 12:25 **Pilates**
12:30 - 13:30 **Pilates**
13:30 - 15:00 **Yoga**
18:00 - 18:45 **Circuits**
18:50 - 19:20 **BODYCOMBAT™**
19:25 - 19:55 **BODYPUMP™**

Studio 2
06:45 - 07:45 **RPM™**
09:15 - 09:45 **Metafit**
09:50 - 10:40 **Pilates**
11:00 - 11:45 **Core Stability**
11:55 - 12:55 **Yoga**
13:00 - 14:00 **Stretch & Tone**
17:45 - 18:30 **Group Cycling**
18:50 - 19:50 **BODYBALANCE™**
20:00 - 21:15 **Tai Chi**

Gym Floor
14:00 - 14:30 **B:Corefit**
18:45 - 19:15 **B:Strong**

Pool
09:45 - 10:25 **Aqua**
11:45 - 12:30 **Aqua**
18:30 - 19:15 **Aqua**

Studio 1
06:45 - 07:15 **Circuits**
09:00 - 09:45 **Legs, Bums & Tums**
09:45 - 10:30 **Legs, Bums & Tums**
10:30 - 11:30 **Pilates**
11:35 - 12:35 **Zumba Gold**
12:45 - 13:45 **Pilates**
15:00 - 16:00 **Yoga**
18:00 - 18:45 **BODYSTEP™**
18:45 - 19:25 **BODYPUMP™**
19:35 - 20:15 **Just Dance**

Studio 2
07:30 - 08:10 **B: Matched Spin**
09:15 - 10:15 **Spin Circuits**
10:30 - 11:15 **Freestyle Step**
11:30 - 12:30 **BODYBALANCE™**
17:35 - 18:20 **BODYCOMBAT™**
18:35 - 19:20 **RPM™**
19:35 - 20:35 **Mind & Body**

Gym Floor
10:30 - 11:00 **B:Conditioned**

Pool
11:00 - 11:45 **Aqua**
18:30 - 19:15 **Aqua**

Studio 1
06:50 - 07:20 **Metafit**
09:00 - 09:45 **Stretch, Tone & Core**
09:45 - 10:30 **Stretch, Tone & Core**
10:35 - 11:30 **BODYPUMP™**
11:40 - 13:10 **Yoga**
13:30 - 14:15 **Just Dance**
17:30 - 18:15 **Body Conditioning**
20:00 - 21:00 **Pilates**

Studio 2
09:15 - 10:10 **20/20/20**
10:15 - 11:15 **Pilates**
11:40 - 12:10 **Aerobics**
12:10 - 12:40 **Stretch & Tone**
13:15 - 14:15 **Mind & Body**
14:20 - 15:20 **Mind & Body**
17:15 - 18:00 **BODYATTACK™**
18:15 - 19:00 **Spin Circuits**
19:15 - 20:15 **Mind & Body**

Gym Floor
13:30 - 14:00 **B:Strong**
14:00 - 14:30 **B:Conditioned**
18:30 - 19:00 **B:Conditioned**

Pool
10:45 - 11:30 **Aqua**
13:00 - 13:45 **Aqua**

Studio 1
09:30 - 10:30 **BODYCOMBAT™**
10:35 - 11:35 **Pilates**
11:40 - 12:40 **Pilates**
12:45 - 13:45 **Zumba**
14:00 - 15:00 **Pilates**
17:35 - 17:50 **Abs Blast**
17:55 - 18:25 **Metafit**
19:10 - 20:10 **BODYPUMP™**

Studio 2
06:45 - 07:15 **RPM™**
07:30 - 08:10 **B: Matched Spin**
09:30 - 10:30 **Aerobics**
10:35 - 11:20 **Just Dance**
17:30 - 19:00 **Yoga**
19:30 - 20:30 **BODYBALANCE™**

Gym Floor
10:00 - 10:30 **B:Corefit**
10:30 - 11:00 **B:Strong**

Pool
13:30 - 14:15 **Aqua**
18:15 - 19:00 **Aqua**

Studio 1
06:50 - 07:50 **Virtual BODYPUMP™**
08:00 - 09:00 **Yoga**
09:30 - 10:30 **Total Body Workout**
10:35 - 11:35 **BODYPUMP™**
14:15 - 15:15 **Pilates**
15:30 - 17:00 **Yoga**
17:45 - 18:30 **Circuits**

Studio 2
09:05 - 09:50 **Group Cycling**
10:05 - 11:35 **Yoga**
13:30 - 14:30 **BODYBALANCE™**
17:30 - 19:00 **Mind & Body**
19:30 - 20:00 **Virtual RPM™**

Gym Floor
06:45 - 07:15 **B:Conditioned**
07:15 - 07:45 **B:Corefit**

Pool
13:00 - 13:45 **Aqua**

Studio 1
09:05 - 09:55 **BODYCOMBAT™**
10:00 - 11:00 **BODYPUMP™**
11:05 - 12:05 **BODYSTEP™**
12:10 - 13:10 **Zumba**
14:00 - 15:00 **Virtual BODYBALANCE™**

Studio 2
09:00 - 09:45 **RPM™**
10:00 - 11:00 **Mind & Body**
11:00 - 12:00 **Mind & Body**
12:00 - 13:30 **Self Defence**
13:30 - 14:30 **Advanced Self Defence**

Gym Floor
15:30 - 16:00 **B:Corefit**

Sunday
Studio 1
08:45 - 10:15 **Yoga**
10:50 - 11:40 **Body Conditioning**
11:45 - 12:30 **BODYSTEP™**
12:35 - 13:35 **Zumba**

Studio 2
09:20 - 10:20 **Spin Circuits**
10:30 - 11:30 **Pilates**
11:45 - 12:30 **Body Attack**
17:15 - 18:15 **Tai Chi**

Gym Floor
11:30 - 12:00 **B:Strong**

Pool
09:15 - 10:00 **Aqua**
10:00 - 10:45 **Aqua**



Wellness Bundles. Supporting your member journey.