

Monday Tuesday Wednesday Thursday Friday Saturday

Studio 1
06:15 - 06:45 **Metafit**
09:00 - 09:30 **Kettlebells**
09:35 - 10:35 **BODYATTACK™**
10:40 - 11:25 **BODYPUMP™**
11:30 - 12:30 **Pilates**
12:35 - 13:20 **Chiball**
13:30 - 14:30 **VIRTUAL BODYCOMBAT™**
18:30 - 19:00 **Kettlebells**
19:00 - 19:45 **BODYCOMBAT™**
19:50 - 20:35 **BODYPUMP™**

Studio 2
18:15 - 19:00 **Ballet Fitness**
19:50 - 20:50 **Pilates**

Cycle Studio
06:15 - 07:00 **RPM™**
09:35 - 10:20 **RPM™**
19:00 - 19:45 **RPM™**

Pool
10:30 - 11:15 **Aqua Aerobics**

Gym
12:15 - 12:45 **B:Strong**

Studio 1
06:15 - 07:00 **Kettlebells & Abs**
07:05 - 07:35 **Metafit**
09:30 - 10:30 **BODYCOMBAT™**
10:30 - 11:30 **BODYBALANCE™**
13:00 - 14:00 **VIRTUAL BODYBALANCE™**
17:30 - 18:00 **VIRTUAL CXWORX™**
18:30 - 19:00 **Metafit**
19:00 - 20:00 **202020**
20:05 - 20:35 **Virtual CXWORX™**

Studio 2
09:00 - 10:15 **Legs, Bums & Tums**
11:05 - 12:05 **Pilates Strength**
12:15 - 13:15 **Yoga and Meditation**
19:00 - 19:45 **Padbox**
19:50 - 20:50 **BODYBALANCE™**

Cycle Studio
10:15 - 10:45 **Freestyle Spin**
18:00 - 18:30 **RPM™**

Pool
09:30 - 10:15 **Aqua Aerobics**
19:00 - 19:45 **Aqua Aerobics**

Gym
09:00 - 09:30 **B:Strong**

Studio 1
06:00 - 06:45 **BODYATTACK™**
07:10 - 08:10 **VIRTUAL BODYBALANCE™**
08:30 - 09:15 **VIRTUAL SH'BAM™**
09:30 - 10:30 **BODYPUMP™**
10:30 - 11:15 **Step**
11:20 - 11:50 **CXWORX™**
13:00 - 14:00 **VIRTUAL BODYCOMBAT™**
17:15 - 18:15 **VIRTUAL BODYBALANCE™**
18:30 - 19:00 **CXWORX™**
19:00 - 20:00 **BODYCOMBAT™**
20:00 - 20:45 **BODYPUMP™**

Studio 2
10:50 - 11:35 **Fit4Tap**
12:00 - 13:00 **Vinyasa Flow Yoga**
20:00 - 21:00 **Hatha Yoga**

Cycle Studio
09:30 - 10:15 **RPM™**
10:20 - 10:50 **B:Matched**
18:00 - 18:30 **Freestyle Spin**
19:05 - 19:50 **RPM™**

Pool
10:45 - 11:30 **Aqua Aerobics**

Gym
12:15 - 12:45 **B:Corefit**

Studio 1
06:15 - 07:00 **BODYPUMP™**
07:10 - 07:40 **VIRTUAL CXWORX™**
09:30 - 10:15 **BODYCOMBAT™**
10:20 - 10:50 **CXWORX™**
13:00 - 14:00 **VIRTUAL BODYPUMP™**
17:30 - 18:30 **VIRTUAL BODYCOMBAT™**
18:35 - 19:05 **Kettlebells**
19:05 - 20:05 **BODYATTACK™**
20:05 - 20:50 **Supple Strength**

Studio 2
09:30 - 10:15 **Legs, Bums & Tums**
10:20 - 11:05 **BODYBALANCE™**
18:35 - 19:05 **Metafit**
19:15 - 20:15 **Vinyasa Flow Yoga**

Cycle Studio
09:00 - 09:30 **B:Matched**
12:15 - 12:45 **B:Matched**
18:00 - 18:30 **RPM™**

Gym
09:00 - 09:30 **B:Strong**
21:00 - 21:30 **B:Corefit**

Studio 1
07:10 - 08:10 **VIRTUAL BODYPUMP™**
09:00 - 09:30 **VIRTUAL CXWORX™**
09:35 - 10:35 **Pilates**
10:35 - 11:20 **Zumba**
13:00 - 14:00 **VIRTUAL BODYCOMBAT™**
18:00 - 18:45 **BODYPUMP™**
18:50 - 19:35 **BODYCOMBAT™**

Studio 2
10:40 - 11:25 **Restorative Pilates**
11:30 - 12:15 **Ballet Fitness**

Cycle Studio
06:15 - 07:00 **Core Spin**
09:35 - 10:20 **RPM™**
18:00 - 18:30 **RPM™**

Pool
09:30 - 10:15 **Aqua Aerobics**

Gym
12:15 - 12:45 **B:Corefit**

Studio 1
09:30 - 10:15 **BODYCOMBAT™**
10:20 - 11:05 **BODYPUMP™**
11:10 - 11:50 **BODYBALANCE™**

Cycle Studio
08:25 - 09:10 **RPM™**
09:30 - 10:15 **RPM™**

Sunday
Studio 1
08:00 - 08:45 **VIRTUAL BODYBALANCE™**
09:00 - 09:45 **BODYCOMBAT™**
09:50 - 10:50 **BODYPUMP™**

Cycle Studio
09:00 - 09:45 **RPM™**
10:00 - 10:30 **B:Matched**



Wellness Bundles. Supporting your member journey.

