

Monday

Studio 1

09:30 - 10:20 **20/20/20**
10:30 - 11:30 **BODYPUMP™**
11:35 - 12:20 **BODYCOMBAT™**
18:10 - 18:55 **BODYATTACK™**
19:05 - 20:05 **Circuits**

Studio 2

09:15 - 10:00 **Beginners Pilates**
10:05 - 11:05 **Intermediate Pilates**
11:10 - 12:10 **Young at Heart**
12:30 - 13:30 **Hatha Yoga**
13:30 - 14:00 **Hatha Yoga Meditation**
18:00 - 19:00 **Yoga**
19:05 - 20:05 **Pilates**
20:05 - 21:05 **BODYBALANCE™**

Cycling Studio

06:45 - 07:30 **B:Matched**
18:10 - 18:55 **Group Cycle**
19:00 - 19:30 **B:Matched**

Pool

09:45 - 10:30 **Aqua**

Gym

06:10 - 06:40 **B:Corefit**

Tuesday

Studio 1

06:45 - 07:30 **BODYPUMP™**
09:30 - 10:30 **Step and Tone**
11:00 - 12:00 **Zumba**
18:00 - 18:30 **BODYATTACK™**
18:30 - 19:00 **BODYCOMBAT™**
19:00 - 20:00 **BODYPUMP™**
20:00 - 21:00 **Zumba**

Studio 2

10:00 - 11:00 **Pilates**
11:05 - 12:35 **Ashtanga Yoga**
13:00 - 14:00 **Ballet**
18:00 - 19:00 **Pilates**
19:00 - 20:00 **Legs, Bums and Tums**

Cycling Studio

06:45 - 07:35 **VIRTUAL RPM™**
10:10 - 11:00 **VIRTUAL RPM™**
17:45 - 18:15 **VIRTUAL RPM™**
18:10 - 18:55 **Group Cycle**

Pool

11:00 - 11:45 **Aqua**

Gym

06:10 - 06:40 **B:Conditioned**

Wednesday

Studio 1

09:20 - 10:20 **BODYCOMBAT™**
18:00 - 18:45 **EXPRESS BODYPUMP™**
19:00 - 19:45 **B:Corefit**

Studio 2

09:45 - 10:45 **Line Dancing**
11:00 - 12:00 **Hatha Yoga**
12:00 - 12:30 **Hatha Yoga Meditation**
18:00 - 19:00 **Yoga**
19:05 - 20:05 **Pilates**

Cycling Studio

06:45 - 07:30 **Group Cycle**
09:30 - 10:00 **VIRTUAL RPM™**
18:10 - 18:55 **Group Cycle**
19:00 - 19:30 **B:Matched**

Pool

10:30 - 11:15 **Aqua**
11:20 - 12:05 **Aqua**

Gym

06:10 - 06:40 **B:Strong**

Thursday

Studio 1

06:45 - 07:30 **VIRTUAL BODYPUMP™**
09:25 - 10:25 **BODYPUMP™**
10:30 - 11:30 **Legs, Bums and Tums**
11:30 - 12:30 **VIRTUAL BODYBALANCE™**
18:00 - 18:50 **Circuits**
19:00 - 20:00 **BODYPUMP™**
20:00 - 21:00 **Zumba**

Studio 2

09:30 - 10:30 **Postural Correction**
10:35 - 12:05 **Yoga Stretch and Relax**
18:00 - 19:00 **Pilates**
19:05 - 20:05 **Hatha Yoga**
20:05 - 20:35 **Hatha Yoga Meditation**

Cycling Studio

06:45 - 07:30 **B:Matched**
10:30 - 11:00 **VIRTUAL RPM™**
13:00 - 13:30 **VIRTUAL RPM™**
18:00 - 18:50 **RPM™**

Pool

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

Gym

06:10 - 06:40 **B:Corefit**

Friday

Studio 1

06:45 - 07:30 **VIRTUAL BODYCOMBAT™**
09:30 - 10:30 **Pump**
10:30 - 11:30 **VIRTUAL SH'BAM™**
11:30 - 12:30 **VIRTUAL BODYBALANCE™**
18:00 - 18:45 **BODYPUMP™**

Studio 2

10:00 - 11:00 **Young at Heart**
11:15 - 12:15 **Ballet**
12:15 - 13:15 **Intermediate Ballet**

Cycling Studio

06:45 - 07:30 **Group Cycle**
18:00 - 18:30 **VIRTUAL RPM™**

Pool

09:15 - 10:00 **Aqua**
11:15 - 12:00 **Aqua**

Gym

06:10 - 06:40 **B:Conditioned**

Saturday

Studio 1

09:00 - 10:00 **BODYPUMP™**
10:05 - 11:05 **BODYCOMBAT™**
12:00 - 12:45 **B:Corefit**
15:00 - 16:00 **VIRTUAL BODYBALANCE™**

Studio 2

10:00 - 11:00 **Pilates**
11:05 - 12:35 **Yoga**

Cycling Studio

09:00 - 09:50 **Group Cycle**
10:00 - 10:30 **B:Matched**

Sunday

Studio 1

09:00 - 09:45 **VIRTUAL BODYCOMBAT™**
10:00 - 11:00 **BODYPUMP™**
11:05 - 12:05 **Zumba**
12:15 - 12:45 **VIRTUAL CXWORX™**

Studio 2

10:00 - 11:00 **Hatha Yoga**
11:00 - 11:30 **Hatha Yoga Meditation**

Cycling Studio

09:00 - 09:50 **RPM™**
12:00 - 12:50 **VIRTUAL RPM™**



Wellness Bundles. Supporting your member journey.