

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Studio 1
06:45 - 07:15 **FitBall**
08:00 - 09:00 **Virtual BODYPUMP™**
09:15 - 10:15 **BODYPUMP™**
10:20 - 11:20 **BODYATTACK™**
11:20 - 12:20 **Pilates**
12:30 - 13:30 **Zumba**
17:30 - 18:15 **Circuits**
18:30 - 19:30 **BODYCOMBAT™**
19:30 - 20:30 **BODYPUMP™**

Studio 2
06:05 - 06:35 **Virtual Express RPM™**
06:45 - 07:30 **RPM™ ****
10:15 - 11:00 **Virtual RPM™**
11:15 - 12:15 **BODYBALANCE™**
17:30 - 18:15 **RPM™**
18:30 - 19:30 **BODYBALANCE™**

Pool
08:00 - 08:45 **Aqua Aerobics**
09:15 - 10:00 **Aqua Aerobics**
10:15 - 11:00 **Aqua Aerobics**
18:30 - 19:15 **Aqua Aerobics**

Studio 1
06:45 - 07:30 **Circuits**
10:00 - 11:00 **Circuits**
11:00 - 11:45 **Stretch and Tone**
12:00 - 12:45 **Circuits**
13:30 - 14:30 **Stretch and Tone**
17:30 - 18:00 **Metafit**
18:00 - 19:00 **Step and Tone**
19:15 - 20:15 **BODYPUMP™**

Studio 2
09:30 - 10:00 **Metafit**
10:00 - 11:00 **Dancercise**
11:00 - 12:00 **BODYBALANCE™**
12:30 - 13:15 **Virtual RPM™**
17:30 - 18:15 **RPM™**
18:45 - 19:30 **LBT**
19:30 - 20:30 **Pilates**

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

Gym Floor
12:00 - 12:30 **B:CoreFit**

Studio 1
06:45 - 07:15 **Metafit**
09:15 - 10:15 **BODYPUMP™**
10:30 - 11:30 **Zumba**
11:30 - 12:45 **Yoga**
17:30 - 18:15 **BODYPUMP™ 45**
18:30 - 19:30 **Boxercise**
19:30 - 20:45 **Yoga**

Studio 2
06:45 - 07:30 **Group Cycling**
09:15 - 10:15 **Virtual BODYCOMBAT™**
10:30 - 11:15 **RPM™**
11:30 - 12:30 **Pilates**
16:45 - 17:30 **Virtual RPM™**
17:45 - 18:15 **HIIT Circuit**
18:30 - 19:15 **RPM™ ****
19:30 - 20:30 **BODYCOMBAT™**

Pool
09:30 - 10:15 **Aqua Aerobics**
10:30 - 11:15 **Aqua Aerobics**

Gym Floor
17:00 - 17:30 **B:Strong**

Studio 1
06:45 - 07:30 **BODYPUMP™ 45**
09:15 - 10:00 **LBT**
10:05 - 11:05 **20/20/20**
11:15 - 12:15 **Pilates**
17:45 - 18:45 **BODYPUMP™**
19:00 - 20:00 **BODYATTACK™**
20:00 - 20:45 **Zumba**

Studio 2
06:45 - 07:15 **B:Matched**
09:10 - 10:10 **Virtual BODYCOMBAT™**
10:15 - 11:00 **RPM™**
17:45 - 18:45 **Insanity**
19:00 - 19:45 **Group Cycling**
19:45 - 21:00 **Yoga**

Pool
12:30 - 13:15 **Aqua Aerobics**
18:45 - 19:30 **Aqua Aerobics**

Gym Floor
09:30 - 10:00 **B:Strong**
17:30 - 18:00 **B:Conditioned**

Studio 1
06:45 - 07:30 **Circuits**
08:00 - 09:00 **Virtual BODYPUMP™**
09:30 - 10:30 **Zumba**
10:30 - 11:30 **Stretch and Tone**
12:15 - 13:15 **BODYPUMP™**
14:00 - 15:30 **Yoga**
17:45 - 18:15 **Abs Blast**

Studio 2
06:45 - 07:30 **Group Cycling**
09:30 - 10:30 **Virtual BODYCOMBAT™**
10:35 - 11:05 **Virtual CXWORKS™**
11:15 - 12:15 **Pilates**
13:15 - 14:00 **Virtual RPM™**
17:00 - 17:45 **B:Matched**

Pool
09:15 - 10:00 **Aqua Aerobics**
10:15 - 11:00 **Aqua Aerobics**

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

Studio 1
09:00 - 10:00 **BODYPUMP™**
10:00 - 11:00 **BODYATTACK™**
11:15 - 12:15 **BODYPUMP™**

Studio 2
08:15 - 09:00 **RPM™ ****
09:05 - 09:50 **RPM™**
10:15 - 11:15 **BODYCOMBAT™**
11:15 - 12:15 **BODYBALANCE™**

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

Gym Floor
08:15 - 08:45 **B:Conditioned**
17:30 - 18:00 **B:CoreFit**

Studio 1
09:00 - 10:00 **BODYPUMP™**
10:00 - 11:00 **Stretch and Tone**
11:15 - 12:15 **Virtual BODYCOMBAT™**
17:00 - 17:45 **Circuits**
18:00 - 19:00 **Step and Tone**
19:00 - 20:00 **Pilates**

Studio 2
09:30 - 10:00 **Virtual CXWORKS™**
10:15 - 11:00 **RPM™**

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

Gym Floor
19:00 - 19:30 **B:Strong**

