

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1 07:00 - 07:30 Metafit 09:30 - 10:25 Body Sculpt 10:30 - 11:30 BODYCOMBAT™ 11:45 - 12:45 Strong Yoga 14:00 - 14:45 Virtual SH'BAM™ 14:45 - 15:30 Virtual BODYBALANCE™ 17:30 - 18:15 BODYATTACK™ 18:15 - 19:00 SH'BAM™ 19:10 - 20:10 BODYPUMP™	Studio 1 06:30 - 07:15 HIIT 09:25 - 10:25 BODYPUMP™ 10:30 - 11:30 BODYBALANCE™ 12:00 - 13:00 Pilates 13:30 - 14:15 Virtual BODYCOMBAT™ 15:15 - 16:00 Virtual BODYBALANCE™ 16:45 - 17:25 Virtual CXWORX™ 18:05 - 19:00 HIIT & Abs 19:05 - 20:00 Aerobics 20:05 - 21:05 Hatha Yoga	Studio 1 08:55 - 09:25 Express SH'BAM™ 09:30 - 10:15 Body Sculpt 10:30 - 11:30 BODYCOMBAT™ 11:45 - 12:45 Barre 14:15 - 15:00 Virtual BODYPUMP™ 15:45 - 16:30 Virtual CXWORX™ 16:30 - 17:15 Virtual SH'BAM™ 17:30 - 18:00 MetaFit 18:00 - 18:45 BODYPUMP™ 18:55 - 19:40 BODYCOMBAT™	Studio 1 06:30 - 07:15 HIIT 09:30 - 10:30 BODYATTACK™ 10:30 - 11:15 DanceFit 12:10 - 13:10 Fitness Pilates 13:15 - 14:00 Virtual BODYBALANCE™ 15:30 - 16:15 Virtual BODYPUMP™ 18:15 - 19:15 BODYBALANCE™ 19:30 - 20:30 BODYPUMP™	Studio 1 07:00 - 07:30 Metafit 10:30 - 11:30 BODYPUMP™ 11:45 - 12:45 BODYBALANCE™ 13:45 - 14:30 Virtual CXWORX™ 15:30 - 16:15 Virtual BODYPUMP™ 17:15 - 18:00 Virtual BODYCOMBAT™ 18:00 - 18:45 Virtual CXWORX™	Studio 1 08:10 - 08:55 BODYATTACK™ 09:00 - 10:00 BODYBALANCE™ 10:15 - 11:15 BODYPUMP™ 11:20 - 12:20 BODYCOMBAT™ 12:30 - 13:30 Hatha Yoga 14:45 - 15:30 Virtual CXWORX™ 15:30 - 16:15 Virtual BODYBALANCE™	Studio 1 09:05 - 10:05 BODYCOMBAT™ 10:20 - 11:20 BODYPUMP™ 11:25 - 12:25 Pilates 14:45 - 15:30 Virtual CXWORX™ 16:00 - 16:45 Virtual BODYBALANCE™
Studio 2 09:30 - 10:30 Beginner's Yoga 10:45 - 11:45 Gentle Yoga 18:00 - 18:55 Kettlercise 19:30 - 20:30 Classical Yoga	Studio 2 18:00 - 19:00 Fitness Pilates 19:05 - 20:05 BODYBALANCE™	Studio 2 09:30 - 10:30 Beginners Yoga 18:00 - 18:55 Kettlercise 19:00 - 19:30 CXWORX™ 20:00 - 21:00 Flow Yoga	Studio 2 09:30 - 10:30 Gentle Yoga 10:45 - 11:45 Yoga 18:00 - 18:30 Express SH'BAM™ 19:20 - 20:20 Pilates	Studio 2 10:30 - 11:30 Classical Yoga		Studio 2 10:20 - 11:20 BODYBALANCE™
Pool 19:00 - 19:45 Aqua Aerobics	Pool 10:45 - 11:30 Aqua Aerobics	Pool 10:45 - 11:30 Aqua Aerobics 18:00 - 18:45 Aqua Aerobics	Pool 10:00 - 10:45 Aqua Aerobics		Pool 10:15 - 11:00 Aqua Aerobics	Pool 10:15 - 11:00 Aqua Aerobics
Gym 06:30 - 07:00 B:Corefit 09:30 - 10:00 B:Conditioned 18:00 - 18:30 B:Strong	Gym 06:30 - 07:00 B:Strong 09:30 - 10:00 B:Corefit 18:00 - 18:30 B:Conditioned	Gym 06:30 - 07:00 B:Corefit 09:30 - 10:00 B:Strong 18:00 - 18:30 B:Conditioned	Gym 06:30 - 07:00 B:Conditioned 09:30 - 10:00 B:Strong 18:00 - 18:30 B:Corefit	Gym 06:30 - 07:00 B:Strong 09:30 - 10:00 B:Corefit 18:00 - 18:30 B:Conditioned	Spin Studio 09:15 - 10:00 Indoor Cycling 10:15 - 11:00 Virtual RPM™ 14:00 - 14:45 Virtual RPM™ 15:30 - 16:15 Virtual RPM™	Spin Studio 09:30 - 10:15 Indoor Cycling 11:00 - 11:45 Virtual RPM™ 15:30 - 16:15 Virtual RPM™
Spin Studio 07:00 - 07:30 Indoor Cycling 09:30 - 10:15 Virtual RPM™ 18:15 - 19:00 Indoor Cycling	Spin Studio 07:00 - 07:45 Virtual RPM™ 09:30 - 10:15 Indoor Cycling 10:30 - 11:15 Virtual RPM™ 17:45 - 18:30 Virtual RPM™ 19:00 - 19:45 RPM	Spin Studio 07:00 - 07:30 Indoor Cycling 09:30 - 10:15 RPM 14:00 - 14:45 Virtual RPM™ 19:00 - 19:45 Indoor Cycling 20:00 - 20:45 Virtual RPM™	Spin Studio 06:30 - 07:00 Virtual RPM™ 09:30 - 10:15 Indoor Cycling 10:30 - 11:30 Virtual RPM™ 17:15 - 18:00 Virtual RPM™ 18:30 - 19:15 Indoor Cycling	Spin Studio 07:00 - 07:30 Virtual RPM™ 09:30 - 10:30 Spinergy 14:30 - 15:15 Virtual RPM™ 17:30 - 18:15 Indoor Cycling 19:00 - 19:45 RPM Virtual		

