

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

**Studio 1**  
07:05 - 08:05 **Les Mills Virtual BODYPUMP™**  
09:30 - 10:00 **Kettlecise**  
10:05 - 10:50 **Step & Tone**  
11:30 - 12:30 **Pilates**  
13:00 - 14:00 **Les Mills Virtual BODYCOMBAT™**  
18:30 - 19:00 **Kettlecise**  
19:00 - 19:45 **BODYCOMBAT™**  
19:50 - 20:35 **BODYPUMP™**  
20:40 - 21:25 **BODYBALANCE™**

**Studio 2**  
12:45 - 13:30 **Chiball**  
19:50 - 20:20 **Metafit**

**Cycling**  
06:15 - 07:00 **RPM™**  
10:05 - 10:35 **RPM™**  
19:00 - 19:45 **RPM™**

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

**Gym**  
14:00 - 14:30 **B:Corefit**

**Studio 1**  
06:15 - 07:00 **Kettlecise & Abs**  
07:05 - 08:05 **Les Mills Virtual BODYCOMBAT™**  
09:30 - 10:30 **BODYCOMBAT™**  
10:30 - 11:30 **BODYBALANCE™**  
13:00 - 14:00 **Les Mills Virtual BODYBALANCE™**  
17:30 - 18:00 **Les Mills Virtual CXWORX™**  
18:30 - 19:00 **Ab attack**  
19:00 - 19:45 **Insanity**  
19:50 - 20:20 **Kettlecise**

**Studio 2**  
11:30 - 12:30 **Pilates Flow**  
19:15 - 20:00 **BoxFit**  
20:05 - 20:50 **BODYBALANCE™**

**Cycling**  
09:50 - 10:20 **Freestyle Spin**  
18:00 - 18:30 **RPM™**

**Pool**  
09:30 - 10:15 **Aqua Aerobics**  
19:05 - 19:50 **Aqua Aerobics**

**Gym**  
09:15 - 09:45 **B:Strong**  
14:00 - 14:30 **B:Conditioned**

**Studio 1**  
06:15 - 07:00 **BODYATTACK™**  
07:10 - 07:40 **Les Mills Virtual CXWORX™**  
09:30 - 10:30 **BODYPUMP™**  
10:30 - 11:15 **Sculpt & Tone**  
13:00 - 13:45 **BODYPUMP™**  
17:15 - 18:15 **Les Mills Virtual BODYBALANCE™**  
18:35 - 19:05 **CXWORX™**  
19:05 - 19:50 **BODYCOMBAT™**  
19:55 - 20:40 **BODYPUMP™**  
20:40 - 21:40 **Hatha Yoga**

**Studio 2**  
12:00 - 13:00 **Gentle Yoga**

**Cycling**  
09:55 - 10:25 **RPM™**  
18:00 - 18:30 **Freestyle Spin**  
19:05 - 19:50 **RPM™**

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

**Gym**  
14:00 - 14:30 **B:Conditioned**  
20:00 - 20:30 **B:Corefit**

**Studio 1**  
06:15 - 07:00 **BODYPUMP™**  
07:10 - 07:55 **Les Mills Virtual SH'BAM™**  
09:30 - 10:15 **BODYCOMBAT™**  
10:25 - 11:10 **Step**  
13:00 - 13:30 **Les Mills Virtual CXWORX™**  
17:30 - 18:00 **Les Mills Virtual BODYCOMBAT™**  
18:35 - 19:05 **Kettlecise**  
19:05 - 19:50 **BODYATTACK™**  
20:00 - 21:00 **Les Mills Virtual BODYBALANCE™**

**Studio 2**  
09:30 - 10:15 **LBT**  
10:25 - 11:10 **BODYBALANCE™**  
19:15 - 20:15 **Gentle Yoga**

**Cycling**  
18:00 - 18:30 **RPM™**

**Pool**  
18:15 - 19:00 **Aqua Aerobics**

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

**Studio 1**  
07:10 - 08:10 **Les Mills Virtual BODYPUMP™**  
09:30 - 10:30 **Pilates**  
10:30 - 11:15 **Zumba**  
13:00 - 14:00 **Les Mills Virtual BODYCOMBAT™**  
18:00 - 18:30 **BODYPUMP™**  
18:35 - 19:35 **BODYCOMBAT™**

**Studio 2**  
10:40 - 11:25 **Restorative Pilates**  
11:30 - 12:30 **Hatha Yoga**

**Cycling**  
06:15 - 07:00 **Core Spin**  
09:30 - 10:15 **RPM™**  
18:00 - 18:30 **RPM™**

**Gym**  
14:00 - 14:30 **B:Strong**

**Studio 1**  
09:00 - 09:30 **Ab Attack**  
09:35 - 10:20 **BODYCOMBAT™**  
10:20 - 11:05 **BODYPUMP™**  
11:05 - 11:50 **BODYBALANCE™**

**Cycling**  
08:25 - 08:55 **RPM™**  
09:35 - 10:05 **RPM™**

**Gym**  
13:00 - 13:30 **B:Conditioned**

**Sunday**  
**Studio 1**  
08:15 - 09:00 **Pilates**  
09:00 - 09:45 **BODYCOMBAT™**  
09:50 - 10:35 **BODYPUMP™**

**Cycling**  
09:00 - 09:45 **RPM™**

**Gym**  
08:15 - 08:45 **B:Corefit**

**Pool**  
08:30 - 09:15 **Aqua Aerobics**



Buy at reception now.