

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Studio 1</b></p> <p>06:30 - 07:30 <b>Virtual BODYCOMBAT™</b></p> <p>09:30 - 10:15 <b>Bodytone</b></p> <p>10:30 - 11:30 <b>Pilates</b></p> <p>11:45 - 12:45 <b>Pilates</b></p> <p>18:00 - 19:00 <b>BODYPUMP™</b></p> <p>19:15 - 20:15 <b>BODYATTACK™</b></p> <p><b>Studio 2</b></p> <p>06:30 - 07:15 <b>RPM™</b></p> <p>10:30 - 11:15 <b>Virtual RPM™</b></p> <p>11:30 - 12:30 <b>Yoga</b></p> <p>16:00 - 16:45 <b>Virtual RPM™</b></p> <p>17:15 - 18:00 <b>RPM™</b></p> <p>18:15 - 19:15 <b>Yoga</b></p> <p><b>Gym Floor</b></p> <p>09:30 - 10:15 <b>B:Young@Heart</b></p> <p>11:30 - 12:15 <b>B:Conditioned</b></p> <p><b>Pool</b></p> <p>10:30 - 11:15 <b>Aqua Aerobics</b></p>	<p><b>Studio 1</b></p> <p>09:15 - 10:00 <b>Zumba</b></p> <p>10:15 - 11:15 <b>BODYPUMP™</b></p> <p>11:30 - 12:30 <b>Trigger Point</b></p> <p>13:00 - 14:00 <b>Virtual BODYPUMP™</b></p> <p>17:45 - 18:45 <b>Bodytone</b></p> <p>19:00 - 20:00 <b>Yoga</b></p> <p>20:15 - 21:00 <b>Pilates</b></p> <p><b>Studio 2</b></p> <p>06:30 - 07:15 <b>RPM™</b></p> <p>09:15 - 10:00 <b>Virtual RPM™</b></p> <p>10:15 - 11:15 <b>Pilates</b></p> <p>11:30 - 12:15 <b>Fitball</b></p> <p>13:00 - 13:45 <b>Virtual RPM™</b></p> <p>17:30 - 18:00 <b>B:Matched</b></p> <p>18:15 - 19:00 <b>RPM™</b></p> <p>19:15 - 20:00 <b>Boxfit</b></p> <p>20:30 - 21:15 <b>Virtual RPM™</b></p> <p><b>Gym Floor</b></p> <p>11:30 - 12:15 <b>B:Corefit</b></p> <p><b>Pool</b></p> <p>10:30 - 11:15 <b>Aqua Aerobics</b></p>	<p><b>Studio 1</b></p> <p>06:30 - 07:30 <b>Virtual BODYPUMP™</b></p> <p>09:30 - 10:30 <b>Aerobics</b></p> <p>10:45 - 11:45 <b>Bodytone</b></p> <p>17:45 - 18:45 <b>BODYATTACK™</b></p> <p>19:00 - 20:00 <b>BODYCOMBAT™</b></p> <p><b>Studio 2</b></p> <p>09:30 - 10:00 <b>Metafit</b></p> <p>10:15 - 11:15 <b>Yoga</b></p> <p>13:30 - 14:15 <b>Virtual RPM™</b></p> <p>17:15 - 18:00 <b>Virtual RPM™</b></p> <p>19:15 - 20:00 <b>RPM™</b></p> <p>20:15 - 21:00 <b>Kettlebells</b></p> <p><b>Gym Floor</b></p> <p>06:30 - 07:15 <b>B:Conditioned</b></p> <p>10:15 - 11:00 <b>B:Strong</b></p> <p>18:00 - 18:45 <b>B:Corefit</b></p> <p><b>Pool</b></p> <p>11:15 - 12:00 <b>Aqua Aerobics</b></p>	<p><b>Studio 1</b></p> <p>09:15 - 10:15 <b>Aerobics</b></p> <p>10:30 - 11:30 <b>Pilates</b></p> <p>11:45 - 12:45 <b>LBT</b></p> <p>13:00 - 14:00 <b>Pilates</b></p> <p>18:00 - 19:00 <b>BODYPUMP™</b></p> <p>19:15 - 20:15 <b>BODYCOMBAT™</b></p> <p><b>Studio 2</b></p> <p>06:30 - 07:15 <b>Virtual RPM™</b></p> <p>09:30 - 10:15 <b>RPM™</b></p> <p>10:30 - 11:15 <b>Kettlebells</b></p> <p>12:30 - 13:15 <b>Virtual RPM™</b></p> <p>17:30 - 18:15 <b>RPM™</b></p> <p>18:30 - 19:00 <b>Metafit</b></p> <p>19:15 - 20:15 <b>Pilates</b></p> <p>20:30 - 21:30 <b>Yoga</b></p> <p><b>Gym Floor</b></p> <p>06:30 - 07:15 <b>B:Conditioned</b></p>	<p><b>Studio 1</b></p> <p>07:00 - 08:00 <b>Virtual BODYBALANCE™</b></p> <p>09:15 - 10:15 <b>Virtual BODYPUMP™</b></p> <p>10:30 - 11:30 <b>Pilates</b></p> <p>11:45 - 12:45 <b>Yoga</b></p> <p>17:30 - 18:00 <b>Powerwave</b></p> <p>18:15 - 19:15 <b>Virtual BODYPUMP™</b></p> <p><b>Studio 2</b></p> <p>06:30 - 07:15 <b>RPM™</b></p> <p>09:15 - 10:00 <b>RPM™</b></p> <p>18:00 - 18:45 <b>RPM™</b></p> <p><b>Gym Floor</b></p> <p>19:00 - 19:45 <b>B:Corefit</b></p> <p><b>Pool</b></p> <p>11:00 - 11:45 <b>Aqua Aerobics</b></p>	<p><b>Studio 1</b></p> <p>08:30 - 09:30 <b>Virtual BODYCOMBAT™</b></p> <p>10:15 - 11:15 <b>BODYPUMP™</b></p> <p>11:30 - 12:30 <b>Zumba</b></p> <p><b>Studio 2</b></p> <p>08:30 - 09:15 <b>Virtual RPM™</b></p> <p>09:30 - 10:15 <b>RPM™</b></p> <p>10:30 - 11:15 <b>Virtual RPM™</b></p> <p>11:30 - 12:30 <b>Pilates</b></p> <p><b>Gym Floor</b></p> <p>08:30 - 09:15 <b>B:Conditioned</b></p> <p>11:00 - 11:45 <b>B:Strong</b></p>	<p><b>Studio 1</b></p> <p>09:00 - 10:00 <b>Yoga</b></p> <p>10:30 - 11:30 <b>Virtual BODYPUMP™</b></p> <p><b>Studio 2</b></p> <p>09:00 - 09:45 <b>Virtual RPM™</b></p> <p>10:00 - 11:00 <b>BODYBALANCE™</b></p> <p>11:15 - 12:00 <b>Virtual RPM™</b></p> <p><b>Gym Floor</b></p> <p>08:30 - 09:30 <b>Fitness Fundamentals</b></p> <p>11:00 - 11:45 <b>B:Corefit</b></p>

