

Monday

Studio 1

07:15 - 07:45 **Metafit**
09:30 - 10:30 **BODYCOMBAT™**
10:30 - 11:30 **BODYPUMP™**
11:35 - 12:20 **Fitsteps**
12:20 - 13:05 **TLC**
14:00 - 15:00 **Virtual BODYBALANCE™**
17:15 - 18:00 **Zumba**
18:00 - 19:00 **BODYPUMP™**
19:00 - 20:00 **BODYCOMBAT™**
20:05 - 20:35 **Virtual CXWORX™**
20:35 - 21:05 **Virtual BODYPUMP™**

Studio 2

09:30 - 10:30 **Astanga Beginner Yoga**
10:30 - 11:30 **BODYBALANCE™**
11:30 - 12:30 **YogaLates**
12:45 - 13:45 **Pilates**
13:45 - 14:45 **Yoga Intermediate**
18:00 - 19:00 **BODYBALANCE™**
19:00 - 20:00 **Pilates**

Cycling Studio

06:30 - 07:15 **B:Matched**
09:00 - 09:45 **B:Matched**
10:00 - 10:45 **Virtual RPM™**
12:00 - 12:45 **Virtual RPM™**
19:15 - 20:15 **RPM™**

Gym Floor

11:00 - 11:30 **B:Corefit**
17:30 - 18:00 **B:Corefit**

Pool

19:00 - 19:45 **Aqua Aerobics**

Tuesday

Studio 1

06:30 - 07:30 **Virtual BODYPUMP™**
09:00 - 09:30 **Metafit**
09:30 - 10:30 **BODYATTACK™**
10:30 - 11:15 **SH'BAM™**
12:30 - 13:00 **Virtual BODYPUMP™**
14:00 - 15:00 **Virtual BODYBALANCE™**
17:45 - 18:30 **BODYPUMP™**
18:30 - 19:30 **BODYATTACK™**
19:30 - 20:15 **SH'BAM™**
20:05 - 20:35 **Virtual BODYBALANCE™**

Studio 2

09:30 - 10:30 **Yoga Beginner**
11:30 - 12:30 **BODYBALANCE™**
12:30 - 13:30 **Pilates**
13:30 - 14:30 **Yoga Intermediate**
18:00 - 19:00 **Astanga Intermediate Yoga**
19:00 - 20:00 **Yoga Beginner**
20:15 - 21:00 **Pilates**

Cycling Studio

07:15 - 08:00 **Group Cycle**
09:30 - 10:30 **Virtual RPM™**
18:00 - 18:45 **Virtual RPM™**
20:00 - 21:00 **RPM™**

Gym Floor

06:45 - 07:15 **B:Strong**
12:00 - 12:30 **B:Conditioned**

Pool

12:00 - 12:45 **Aqua Aerobics**

Wednesday

Studio 1

07:15 - 07:45 **Metafit**
09:00 - 09:30 **Virtual BODYBALANCE™**
09:30 - 10:30 **BODYPUMP™**
10:30 - 11:30 **BODYATTACK™**
14:00 - 15:00 **Virtual BODYBALANCE™**
18:30 - 19:00 **Circuits**
19:00 - 20:00 **SH'BAM™**
20:00 - 21:00 **BODYPUMP™**

Studio 2

09:30 - 10:30 **Yoga Intermediate**
11:30 - 12:15 **Pilates**
12:15 - 13:15 **Pilates**
18:00 - 19:00 **BODYBALANCE™**
19:00 - 20:00 **Astanga Intermediate Yoga**
20:00 - 21:00 **Pilates**

Cycling Studio

06:30 - 07:15 **Virtual RPM™**
09:30 - 10:30 **Group Cycle**
12:00 - 12:45 **Virtual RPM™**
20:00 - 20:45 **Virtual RPM™**

Gym Floor

10:30 - 11:00 **B:Corefit**
19:00 - 19:30 **B:Corefit**

Pool

13:30 - 14:15 **Aqua Aerobics**
19:00 - 19:45 **Aqua Aerobics**

Thursday

Studio 1

06:30 - 07:15 **Virtual BODYBALANCE™**
09:00 - 09:30 **Metafit**
09:30 - 10:30 **BODYCOMBAT™**
10:30 - 11:30 **LBT**
11:30 - 12:15 **Fitsteps**
12:30 - 13:30 **Virtual SH'BAM™**
14:00 - 15:00 **Virtual BODYBALANCE™**
17:00 - 18:00 **Virtual SH'BAM™**
18:00 - 19:00 **BODYCOMBAT™**
19:00 - 20:00 **BODYPUMP™**
20:00 - 20:45 **LBT**

Studio 2

09:15 - 10:15 **Pilates**
10:15 - 11:15 **Yoga Intermediate**
17:00 - 18:00 **Pilates**
18:00 - 19:00 **BODYBALANCE™**
20:00 - 21:00 **Astanga Advanced Yoga**

Cycling Studio

07:15 - 08:00 **Group Cycle**
09:30 - 10:15 **B:Matched**
17:30 - 18:15 **Virtual RPM™**
19:00 - 20:00 **Virtual RPM™**
20:00 - 20:45 **B:Matched**

Gym Floor

07:30 - 08:00 **B:strong**

Friday

Studio 1

06:45 - 07:15 **Virtual BODYBALANCE™**
07:15 - 07:45 **Metafit**
07:45 - 08:15 **Virtual CXWORX™**
09:30 - 10:30 **BODYATTACK™**
10:30 - 11:15 **Zumba**
11:15 - 12:00 **SH'BAM™**
12:00 - 12:45 **TLC**
14:00 - 15:00 **Virtual BODYBALANCE™**
17:30 - 18:00 **Circuits**
18:00 - 19:00 **Yoga Intermediate**
19:15 - 19:45 **Virtual CXWORX™**
20:00 - 21:00 **Virtual BODYCOMBAT™**

Studio 2

07:00 - 07:45 **Pilates**
09:30 - 10:30 **Yoga Beginner**
10:30 - 11:30 **Pilates**
11:30 - 12:45 **Yoga Intermediate**
19:00 - 20:00 **Yoga Beginner**

Cycling Studio

06:15 - 06:45 **Virtual RPM™**
08:30 - 09:30 **B:Matched**
09:30 - 10:30 **Group Cycle**
10:00 - 10:45 **Virtual RPM™**
12:00 - 12:45 **Virtual RPM™**
18:30 - 19:15 **B:Matched**
20:30 - 21:15 **Virtual RPM™**

Gym Floor

19:15 - 19:45 **B:Conditioned**

Pool

13:00 - 13:45 **Aqua Aerobics**

Saturday

Studio 1

08:30 - 09:00 **Virtual CXWORX™**
09:00 - 10:00 **BODYPUMP™**
10:00 - 11:00 **BODYCOMBAT™**
14:00 - 15:00 **Virtual BODYBALANCE™**
17:30 - 18:00 **Virtual SH'BAM™**
18:00 - 19:00 **Virtual BODYPUMP™**

Studio 2

09:00 - 10:00 **BODYBALANCE™**
10:00 - 10:45 **LBT**
11:00 - 12:00 **Yoga Intermediate**

Cycling Studio

09:00 - 10:00 **Group Cycle**
10:30 - 11:15 **Virtual RPM™**

Gym Floor

08:30 - 09:00 **B:Strong**
12:00 - 12:30 **B:Strong**

Sunday

Studio 1

09:30 - 10:30 **BODYATTACK™**
10:30 - 11:30 **BODYPUMP™**
11:35 - 12:35 **Virtual SH'BAM™**
14:00 - 15:00 **Virtual BODYBALANCE™**

Studio 2

10:30 - 11:30 **Yoga Intermediate**
11:30 - 12:30 **BODYBALANCE™**

Cycling Studio

09:30 - 10:30 **RPM™**
11:00 - 11:45 **Virtual RPM™**

Gym Floor

15:30 - 16:00 **B:Conditioned**



Wellness Bundles. Supporting your member journey.