

Monday Tuesday Wednesday Thursday Friday Saturday

Studio 1
06:45 - 07:30 **BODYCOMBAT™**
08:25 - 09:25 **Tai Chi**
09:30 - 10:30 **LBT**
10:35 - 11:35 **Pilates**
14:00 - 15:00 **Yoga**
18:00 - 19:00 **Step**
19:00 - 19:30 **BODYATTACK™**
19:35 - 20:20 **BODYPUMP™**

Studio 2
06:45 - 07:15 **Metafit**
07:15 - 07:30 **B:Corefit**
08:50 - 09:20 **BODYATTACK™**
09:30 - 10:30 **B:Conditioned**
11:00 - 12:00 **Stretch and Relax**
18:15 - 18:45 **CXWORX™**
19:00 - 20:00 **Zumba**
20:00 - 21:00 **BODYBALANCE™**

Cycle Studio
09:30 - 10:15 **Spin**
10:30 - 11:15 **RPM™ Virtual**
12:00 - 12:30 **B:Matched**
18:00 - 18:45 **Spin**
19:00 - 19:45 **RPM™**

Pool
10:00 - 10:45 **Aqua**
11:00 - 11:45 **Aqua**

Studio 1
09:45 - 10:15 **CXWORX™**
10:20 - 11:20 **BODYBALANCE™**
11:20 - 12:20 **Stretch and Relax**
12:30 - 13:30 **Yoga**
17:30 - 18:00 **Metafit**
18:00 - 19:00 **BODYPUMP™**
19:00 - 20:00 **BODYCOMBAT™**
20:05 - 21:05 **Yoga**

Studio 2
07:00 - 07:45 **B:Conditioned**
08:55 - 09:40 **Fitness Pilates**
09:45 - 10:30 **Barre**
10:30 - 11:00 **Metafit**
12:00 - 12:45 **Zumba Strong**
18:00 - 19:00 **B:Strong**
19:05 - 19:55 **LBT**

Cycle Studio
06:30 - 07:15 **RPM™**
09:30 - 10:15 **RPM™**
12:00 - 12:30 **RPM™ Virtual**
18:00 - 18:45 **RPM™**
19:00 - 19:45 **Spin**

Pool
11:00 - 11:45 **Aqua**
19:00 - 19:45 **Aqua**

Studio 1
08:30 - 09:15 **BODYPUMP™**
09:25 - 10:25 **BODYCOMBAT™**
10:30 - 11:30 **Hatha Yoga**
12:00 - 13:00 **Pilates**
17:30 - 18:00 **B:Corefit**
18:00 - 18:30 **BODYATTACK™**
18:45 - 19:30 **BODYPUMP™**
19:30 - 20:00 **CXWORX™**

Studio 2
06:45 - 07:15 **Metafit**
07:15 - 07:30 **B:Corefit**
09:00 - 09:30 **Zumba Strong**
09:30 - 10:15 **LBT**
10:30 - 11:15 **B:Conditioned**
11:30 - 12:00 **Metafit**
12:00 - 12:45 **BODYPUMP™**
18:00 - 19:00 **Zumba**
20:00 - 21:00 **BODYBALANCE™**

Cycle Studio
06:45 - 07:30 **RPM™ Virtual**
09:30 - 10:15 **RPM™**
12:00 - 12:30 **RPM™ Virtual**
18:00 - 18:45 **Spin**
19:00 - 19:45 **RPM™**

Pool
10:00 - 10:45 **Aqua**
11:00 - 11:45 **Aqua**
19:30 - 20:15 **Aqua Zumba**

Studio 1
07:00 - 08:00 **Yoga**
08:15 - 09:15 **Tai Chi**
09:20 - 10:20 **BODYPUMP™**
10:30 - 11:00 **CXWORX™**
11:05 - 12:00 **Stretch and Relax**
12:05 - 13:05 **BODYBALANCE™**
14:00 - 15:00 **Yoga**
17:30 - 18:00 **Metafit**
18:05 - 19:05 **BODYCOMBAT™**
19:10 - 20:10 **BODYPUMP™**

Studio 2
09:30 - 10:30 **Zumba**
10:45 - 11:30 **B:Conditioned**
13:15 - 14:00 **Zumba Strong**
14:00 - 14:45 **BODYPUMP™**
18:00 - 19:00 **B:Conditioned**
19:30 - 20:45 **Yoga**

Cycle Studio
06:30 - 07:15 **RPM™**
09:30 - 10:15 **Spin**
10:30 - 11:15 **RPM™**
12:00 - 12:30 **RPM™ Virtual**
18:00 - 18:45 **Spin**

Pool
11:00 - 11:45 **Aqua**

Studio 1
06:45 - 07:30 **BODYPUMP™**
07:35 - 08:05 **CXWORX™**
08:25 - 09:25 **Tai Chi**
09:30 - 10:30 **Step**
10:30 - 11:30 **Zumba**
11:35 - 12:50 **Yoga**
18:00 - 18:45 **Barre**
19:00 - 20:00 **Fitness Yoga**

Studio 2
09:00 - 09:30 **BODYATTACK™**
09:30 - 10:15 **BODYCOMBAT™**
10:30 - 11:15 **Fitball**
18:00 - 18:45 **Abs and Pads**

Cycle Studio
09:30 - 10:15 **Spin**
12:00 - 12:30 **RPM™ Virtual**
18:00 - 18:45 **RPM™ Virtual**
19:00 - 19:30 **B:Matched**

Pool
09:30 - 10:15 **Aqua**
13:30 - 14:15 **Aqua**

Studio 1
08:45 - 09:45 **BODYPUMP™**
10:20 - 11:20 **BODYCOMBAT™**
11:25 - 12:25 **BODYBALANCE™**

Studio 2
08:45 - 09:45 **B:Strong**
09:50 - 10:20 **CXWORX™**

Cycle Studio
09:15 - 10:00 **Spin**
10:20 - 11:05 **RPM™**

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

Sunday
Studio 1
09:00 - 10:00 **BODYPUMP™**
10:10 - 10:40 **CXWORX™**

Studio 2
09:00 - 09:45 **B:Conditioned**
Cycle Studio
09:00 - 09:45 **RPM**
11:30 - 12:15 **B:Matched**



Wellness Bundles. Supporting your member journey.