

**Monday**

**Studio 1**

06:15 - 06:45 **Metafit**  
06:45 - 07:30 **Virtual BODYCOMBAT™**  
09:30 - 10:25 **BODYPUMP™**  
10:30 - 11:25 **BODYBALANCE™**  
12:00 - 12:55 **Young@Heart**  
18:00 - 18:55 **BODYCOMBAT™**  
19:00 - 19:55 **Groove Aerobics**  
20:10 - 21:10 **Virtual BODYPUMP™**

**Studio 2**

09:30 - 10:25 **Yoga (Flow)**  
10:30 - 11:30 **Yoga (Flow)**  
11:45 - 12:40 **Pilates**  
12:45 - 13:40 **Pilates**  
13:45 - 14:45 **Pilates**  
18:00 - 18:55 **Pilates**  
19:00 - 19:55 **Yoga (Flow)**

**Cycle Studio**

06:45 - 07:15 **Group Cycling**  
09:30 - 10:25 **Group Cycling**  
18:00 - 19:00 **RPM™**

**Pool**

11:45 - 12:35 **Aqua Aerobics**  
20:10 - 21:00 **Aqua Aerobics**

**Gym Floor**

07:15 - 07:45 **Kettlebell**  
10:30 - 11:00 **B:Conditioned**  
20:00 - 20:30 **B:Corefit**

**Tuesday**

**Studio 1**

06:15 - 07:05 **BODYPUMP™**  
07:15 - 08:00 **Virtual BODYBALANCE™**  
09:30 - 10:25 **BODYCOMBAT™**  
10:30 - 11:00 **CXWORX™**  
11:00 - 11:30 **Power Stretch**  
11:35 - 12:30 **Groove Aerobics**  
18:00 - 19:00 **BODYPUMP™**  
19:10 - 20:10 **BODYCOMBAT™**

**Studio 2**

09:00 - 09:55 **Yoga (Ashtanga)**  
10:00 - 10:55 **Pilates**  
11:00 - 11:55 **Pilates**  
18:30 - 19:55 **Yoga (Vinyasa)**

**Cycle Studio**

07:15 - 07:45 **Group Cycling**  
10:30 - 11:15 **Group Cycling**  
18:00 - 18:30 **B:Matched**  
18:40 - 19:40 **Group Cycling**

**Pool**

11:30 - 12:30 **Aqua Yoga**

**Gym Floor**

06:15 - 06:45 **B:Strong**  
11:00 - 11:30 **B:Corefit**  
18:40 - 19:10 **KettleBell**

**Wednesday**

**Studio 1**

06:15 - 06:45 **Metafit**  
07:15 - 08:00 **Virtual BODYCOMBAT™**  
09:30 - 10:25 **BODYPUMP™**  
10:30 - 11:25 **BODYBALANCE™**  
12:00 - 12:55 **ZUMBA**  
18:00 - 18:55 **Groove Aerobics**  
19:00 - 19:30 **LBT**  
19:30 - 20:30 **Groove Light**

**Studio 2**

09:15 - 10:25 **Yoga (Flow)**  
10:30 - 11:25 **Yoga (Flow)**  
11:30 - 12:30 **Pilates**  
18:00 - 18:55 **Yoga (Vinyasa)**  
19:00 - 19:55 **Yoga (Vinyasa)**

**Cycle Studio**

06:45 - 07:15 **Group Cycling**  
09:30 - 10:25 **Group Cycling**  
18:00 - 19:00 **RPM™**

**Pool**

11:30 - 12:30 **Aqua Aerobics**

**Gym Floor**

10:30 - 11:00 **B:Conditioned**  
07:15 - 07:45 **LBT**

**Thursday**

**Studio 1**

06:30 - 07:30 **BODYCOMBAT™**  
07:30 - 08:30 **Virtual BODYBALANCE™**  
09:00 - 10:00 **BODYPUMP™**  
10:45 - 11:45 **Yoga (Vinyasa)**  
18:00 - 18:50 **BODYPUMP™**  
19:00 - 20:00 **BODYCOMBAT™**

**Studio 2**

09:30 - 10:25 **Pilates**  
10:30 - 11:25 **Pilates**  
11:30 - 12:25 **Pilates**  
18:30 - 19:25 **Yoga (Vinyasa)**  
19:30 - 20:30 **Pilates**

**Cycle Studio**

06:30 - 07:30 **Virtual RPM™**  
09:30 - 10:15 **B:Matched**  
18:30 - 19:30 **Group Cycling**

**Pool**

11:00 - 11:45 **Aqua Aerobics**

**Gym Floor**

10:30 - 11:00 **B:Conditioned**

**Friday**

**Studio 1**

06:15 - 06:45 **Metafit**  
07:15 - 07:45 **Power Wave**  
08:00 - 09:00 **Virtual BODYPUMP™**  
09:30 - 10:25 **BODYCOMBAT™**  
10:30 - 11:00 **CXWORX™**  
11:00 - 11:30 **Power Stretch**  
11:30 - 12:30 **Zumba**  
17:30 - 18:30 **Virtual BODYPUMP™**  
18:40 - 19:40 **Virtual BODYCOMBAT™**  
19:50 - 20:50 **Virtual BODYBALANCE™**

**Studio 2**

06:30 - 07:30 **Yoga (Ashtanga)**  
09:15 - 10:25 **Yoga (Flow)**  
10:30 - 11:30 **Pilates**  
11:30 - 12:30 **Pilates**  
18:00 - 18:55 **Yoga (Flow)**

**Cycle Studio**

06:45 - 07:15 **Group Cycling**  
09:30 - 10:25 **Group Cycling**  
18:00 - 18:50 **Virtual RPM™**

**Gym Floor**

19:00 - 19:30 **B:Conditioned**

**Saturday**

**Studio 1**

08:15 - 08:45 **Metafit**  
08:45 - 09:30 **BODYPUMP™**  
09:35 - 10:35 **BODYCOMBAT™**  
11:40 - 12:40 **Ballroom**

**Studio 2**

08:30 - 09:25 **Yoga (Vinyasa)**  
09:30 - 10:30 **Yoga (Vinyasa)**

**Cycle Studio**

09:30 - 10:25 **RPM™**  
15:00 - 16:00 **Virtual RPM™**

**Gym Floor**

10:40 - 11:10 **B:Corefit**

**Sunday**

**Studio 1**

10:00 - 11:00 **BODYPUMP™**

**Studio 2**

09:45 - 10:45 **Yoga (Flow)**

**Cycle Studio**

08:15 - 09:15 **Virtual RPM™**  
10:00 - 10:45 **Group Cycling**

**Pool**

09:00 - 10:00 **Aqua Zumba**

**Gym Floor**

09:15 - 09:45 **B:Conditioned**  
11:00 - 11:30 **B:Corefit**

