

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Studio 1
06:15 - 07:00 **Circuits**
07:00 - 07:30 **LES MILLS Virtual CXWORX™**

09:15 - 10:00 **Zumba**
10:00 - 10:45 **Zumba**
10:45 - 11:45 **Line Dancing**
11:45 - 12:30 **Line Dancing**
12:30 - 13:30 **LES MILLS Virtual BODYCOMBAT™**

13:30 - 14:30 **Pilates**
17:45 - 18:30 **BODYPUMP™**
18:30 - 19:15 **Step**
19:15 - 20:00 **Pilates**

Speedflex
13:30 - 14:00 **Speedflex Classic 30**
19:00 - 19:30 **Coreflex 30**

Cycling Studio
07:00 - 07:30 **LES MILLS Virtual RPM™**

12:30 - 13:00 **Group Cycle**
14:00 - 14:30 **LES MILLS Virtual RPM™**

18:00 - 18:45 **Group Cycle**
19:00 - 19:45 **LES MILLS Virtual RPM™**

Gym Floor
17:00 - 17:30 **B:Corefit**
20:00 - 20:30 **B:Strong**

Studio 1
06:15 - 06:45 **Metafit**
07:30 - 08:00 **LES MILLS Virtual CXWORX™**

08:00 - 09:00 **Pilates**
09:15 - 10:00 **LBT**
10:00 - 10:55 **Beginners Yoga**
11:00 - 12:00 **BODYPUMP™**
12:05 - 13:05 **BODYCOMBAT™**
13:10 - 14:10 **BODYBALANCE™**
17:15 - 18:00 **BODYATTACK™**
18:00 - 18:45 **Zumba**
18:50 - 19:20 **Metafit**
19:30 - 20:30 **LES MILLS Virtual BODYCOMBAT™**

Cycling Studio
09:00 - 09:30 **LES MILLS Virtual RPM™**

12:30 - 13:00 **Group Cycle**
14:00 - 14:30 **LES MILLS Virtual RPM™**

15:00 - 15:30 **B:Matched**
17:00 - 17:30 **LES MILLS Virtual RPM™**

18:00 - 18:45 **Group Cycle**
19:00 - 19:45 **LES MILLS Virtual RPM™**

Speedflex
07:00 - 07:30 **Coreflex 30**

Gym Floor
09:30 - 10:00 **B:Conditioned**
13:15 - 13:45 **B:Conditioned**
19:30 - 20:00 **B:Corefit**

Pool
11:00 - 11:30 **Aqua Aerobics**

Studio 1
07:00 - 07:30 **LES MILLS Virtual CXWORX™**

08:30 - 09:15 **Zumba**
09:15 - 10:00 **Zumba**
10:00 - 11:00 **BODYPUMP™**
11:05 - 12:05 **Line Dancing**
12:05 - 13:05 **BODYBALANCE™**
14:00 - 15:30 **Iyengar Yoga**
17:15 - 17:45 **Metafit**
17:45 - 18:45 **BODYCOMBAT™**
18:50 - 19:35 **BODYPUMP™**
19:40 - 20:25 **Pilates**

Speedflex
13:30 - 14:00 **Speedflex Classic 30**
18:00 - 18:30 **Coreflex 30**

Cycling Studio
06:15 - 07:00 **Group Cycle**
09:00 - 09:30 **LES MILLS Virtual RPM™**

12:30 - 13:00 **B:Matched**
14:00 - 14:30 **LES MILLS Virtual RPM™**

19:00 - 19:45 **LES MILLS Virtual RPM™**

Gym Floor
09:30 - 10:00 **B:Conditioned**
19:30 - 20:00 **B:Conditioned**

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

Studio 1
06:15 - 07:00 **Circuits**
08:00 - 08:30 **LES MILLS Virtual SH'BAM™**

09:15 - 10:00 **Ladies Morning**
10:00 - 10:45 **Ladies Morning**
10:45 - 11:45 **Pilates**
11:45 - 12:45 **Pilates**
17:15 - 18:00 **BODYATTACK™**
18:05 - 19:05 **BODYPUMP™**
19:05 - 20:05 **BODYBALANCE™**

Speedflex
09:30 - 10:00 **Speedflex Classic 30**
19:00 - 19:30 **Speedflex Classic 30**

Cycling Studio
06:15 - 06:45 **LES MILLS Virtual RPM™**

11:00 - 11:30 **LES MILLS Virtual RPM™**

12:30 - 13:00 **Group Cycle**
14:00 - 14:30 **LES MILLS Virtual RPM™**

18:00 - 18:45 **Group Cycle**
19:00 - 19:45 **LES MILLS Virtual RPM™**

Gym Floor
20:00 - 20:30 **B:Corefit**

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

Studio 1
07:00 - 07:30 **LES MILLS Virtual BODYBALANCE™**

08:25 - 09:25 **Pilates**
09:30 - 10:30 **Pilates**
10:30 - 11:30 **BODYCOMBAT™**
11:35 - 12:20 **BODYPUMP™**
12:30 - 13:30 **LES MILLS Virtual BODYBALANCE™**

17:00 - 17:45 **Circuits**
17:50 - 18:35 **BODYPUMP™**
18:40 - 19:25 **BODYCOMBAT™**
19:30 - 20:00 **LES MILLS Virtual BODYBALANCE™**

Speedflex
09:30 - 10:00 **Speedflex Classic 30**

Cycling Studio
06:15 - 06:45 **LES MILLS Virtual RPM™**

07:00 - 07:30 **Group Cycle**
12:30 - 13:00 **LES MILLS Virtual RPM™**

16:00 - 16:30 **B:Matched**
19:00 - 19:45 **LES MILLS Virtual RPM™**

Gym Floor
06:15 - 06:45 **B:Strong**
13:15 - 13:45 **B:Conditioned**

Pool
11:00 - 11:30 **Aqua Aerobics**

Studio 1
08:15 - 08:45 **Metafit**
08:45 - 09:30 **LES MILLS Virtual BODYPUMP™**

09:35 - 10:35 **LES MILLS Virtual BODYBALANCE™**

10:35 - 12:05 **Karate**
12:30 - 13:30 **LES MILLS Virtual BODYCOMBAT™**

Speedflex
10:15 - 10:45 **Speedflex Classic 30**
16:00 - 16:30 **Speedflex Classic 30**

Cycling Studio
09:00 - 09:45 **Group Cycle**
13:00 - 13:45 **LES MILLS Virtual RPM™**

14:00 - 14:30 **LES MILLS Virtual RPM™**

17:00 - 17:30 **LES MILLS Virtual RPM™**

Gym Floor
17:00 - 17:30 **B:Strong**
17:30 - 18:00 **B:Corefit**

Studio 1
09:45 - 10:45 **BODYPUMP™**
10:45 - 11:45 **BODYBALANCE™**
12:00 - 13:00 **LES MILLS Virtual BODYPUMP™**
14:00 - 15:30 **Iyengar Yoga**
17:00 - 17:45 **LBT**
17:45 - 18:30 **Pilates**

Speedflex
09:45 - 10:15 **Coreflex 30**
17:00 - 17:30 **Speedflex Classic 30**

Cycling Studio
09:00 - 09:30 **Group Cycle**
13:00 - 13:45 **LES MILLS Virtual RPM™**

14:00 - 14:30 **LES MILLS Virtual RPM™**

17:00 - 17:30 **LES MILLS Virtual RPM™**

Gym Floor
18:00 - 18:30 **B:Conditioned**
18:30 - 19:00 **B:Corefit**

Pool
16:00 - 16:30 **Aqua Aerobics**

*Speedflex and Coreflex have a 15 minute induction before each class.

