

Monday

Studio 1

06:15 - 06:45 **Metafit**
09:15 - 10:15 **LBT**
10:45 - 11:30 **BODYCOMBAT™**
11:40 - 12:25 **BODYPUMP™**
12:30 - 13:30 **Step and Tone**
13:30 - 14:25 **Stretch and Tone**
14:30 - 15:30 **Movement and Flexibility**
18:00 - 19:00 **20/20/20**
19:00 - 20:00 **BODYPUMP™**

Studio 2

06:30 - 07:15 **Group Cycling**
09:15 - 10:15 **Group Cycling**
10:30 - 11:30 **Stretch and Tone**
17:40 - 18:25 **Group Cycling**
18:40 - 19:40 **Pilates**
19:45 - 20:45 **Yoga**

Gym Floor

10:30 - 11:00 **B:Strong**
11:00 - 11:30 **B:Corefit**
18:30 - 19:00 **B:Conditioned**
19:00 - 19:30 **B:Corefit**

Pool

10:30 - 11:15 **Aqua Aerobics**
12:15 - 13:00 **Aqua Aerobics**

Tuesday

Studio 1

06:15 - 07:00 **Circuits**
09:15 - 10:00 **Dancercise**
10:05 - 11:05 **BODYPUMP™**
12:30 - 13:25 **Pilates**
13:30 - 14:45 **Yoga**
15:00 - 16:00 **Pilates**
18:00 - 18:30 **Metafit**
19:00 - 20:30 **Yoga**

Studio 2

08:30 - 09:00 **Express Cycling**
09:30 - 11:00 **Yoga**
19:00 - 20:00 **Group Cycling & Abs**

Gym Floor

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

Pool

11:15 - 12:00 **Aqua Aerobics**
19:00 - 19:45 **Aqua Aerobics**

Wednesday

Studio 1

06:30 - 07:30 **Yoga**
09:20 - 10:20 **LBT**
10:30 - 11:30 **Step and Tone**
12:30 - 13:30 **Stretch and Tone**
13:30 - 14:30 **Fitball**
14:30 - 15:30 **Movement and Flexibility**
18:00 - 19:00 **BODYPUMP™**
19:00 - 20:00 **BODYCOMBAT™**

Studio 2

06:30 - 07:15 **Group Cycling**
09:20 - 10:20 **Group Cycling**
10:30 - 12:00 **Yoga**
16:00 - 17:30 **Yoga**
18:00 - 18:45 **RPM™**
19:00 - 20:00 **BODYBALANCE™**
20:00 - 21:00 **Pilates**

Gym Floor

10:30 - 11:00 **B:Strong**
11:00 - 11:30 **B:Corefit**
18:30 - 19:00 **B:Conditioned**
19:00 - 19:30 **B:Corefit**

Pool

09:30 - 10:15 **Aqua Aerobics**
12:15 - 13:00 **Aqua Aerobics**

Thursday

Studio 1

06:15 - 06:45 **Metafit**
09:30 - 10:30 **BODYPUMP™**
11:30 - 12:30 **Pilates**
18:00 - 18:45 **Circuits**
19:00 - 19:45 **BODYPUMP™**

Studio 2

09:00 - 10:25 **Yoga**
10:35 - 11:20 **RPM™**
18:00 - 19:00 **BODYBALANCE™**
19:15 - 20:00 **Group Cycling**

Gym Floor

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

Pool

10:45 - 11:30 **Aqua Aerobics**
12:00 - 12:45 **Aqua Aerobics**
18:00 - 18:45 **Aqua Aerobics**

Friday

Studio 1

06:15 - 07:00 **Circuits**
09:30 - 10:30 **BODYATTACK™**
10:30 - 11:30 **Stretch and Tone**
11:35 - 12:20 **Dancercise**
14:30 - 15:30 **Zumba Gold**
18:00 - 19:00 **BODYPUMP™**

Studio 2

06:30 - 07:15 **Group Cycling**
09:15 - 10:00 **Group Cycling**
10:30 - 11:30 **BODYBALANCE™**
12:00 - 13:30 **Yoga**
17:00 - 17:45 **RPM™**
18:00 - 19:00 **Yoga**

Gym Floor

10:30 - 11:00 **B:Strong**
11:00 - 11:30 **B:Corefit**
18:30 - 19:00 **B:Conditioned**
19:00 - 19:30 **B:Corefit**

Pool

10:30 - 11:15 **Aqua Aerobics**
11:45 - 12:30 **Aqua Aerobics**

Saturday

Studio 1

08:15 - 09:15 **BODYCOMBAT™**
09:30 - 10:30 **BODYPUMP™**

Studio 2

08:15 - 09:00 **Group Cycling**
09:15 - 10:15 **Yoga**
10:30 - 11:30 **Yoga**

Gym Floor

10:30 - 11:00 **B:Strong**
17:00 - 17:30 **B:Conditioned**
17:30 - 18:00 **B:Corefit**

Pool

10:00 - 10:45 **Aqua Aerobics**

Sunday

Studio 1

09:00 - 10:00 **BODYATTACK™**
10:00 - 10:30 **CXWORX™**
10:30 - 11:30 **Zumba**
17:30 - 18:00 **Metafit**

Studio 2

09:00 - 09:45 **B:Matched Group Cycle**
10:30 - 11:15 **RPM™**
11:30 - 12:30 **Yoga**

Gym Floor

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

