

Monday

Studio 1

06:15 - 07:00 **B:Strong**
10:00 - 11:00 **Pilates**
11:15 - 12:00 **Zumba**
17:25 - 17:55 **Kettlebells**
18:00 - 19:00 **BODYATTACK™**
19:05 - 20:05 **Zumba**

Studio 2

10:30 - 11:30 **BODYPUMP™**
11:45 - 12:15 **CXWORX™**
15:00 - 15:45 **Virtual Sh'Bam™**
18:00 - 19:00 **BODYPUMP™**
19:30 - 21:00 **Yoga**

Cycle Studio

06:15 - 07:00 **Virtual RPM™**
12:15 - 12:45 **B:Matched**
18:00 - 18:45 **Group Cycle**

Pool

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

Gym Floor

09:25 - 09:55 **B:Strong**
19:05 - 19:35 **B:Core**

Tuesday

Studio 1

10:00 - 11:00 **Fitsteps**
11:15 - 12:00 **Fitball**
12:10 - 12:55 **BODYBALANCE™ Express**
17:25 - 17:55 **Metafit**
18:00 - 19:00 **BODYCOMBAT™**
19:15 - 20:00 **Kettlebells**

Studio 2

06:30 - 07:00 **CXWORX™**
09:00 - 09:45 **Virtual Sh'Bam™**
18:30 - 19:00 **Blast & Burn Express**
19:15 - 20:15 **BODYBALANCE™**

Cycle Studio

12:15 - 12:45 **RPM™ Express**
18:15 - 19:00 **Cycle Strength**
20:00 - 20:45 **Virtual RPM**

Pool

19:15 - 19:45 **Aqua Express**

Gym Floor

09:25 - 09:55 **B:Conditioned**
10:15 - 10:45 **B:Strong**

Wednesday

Studio 1

09:20 - 10:20 **BODYATTACK™**
10:20 - 11:20 **Fitsteps**
11:25 - 12:25 **Pilates**
14:00 - 15:30 **Yoga**
17:25 - 17:55 **Metafit**
18:00 - 19:00 **BODYATTACK™**
19:05 - 19:50 **Boxfit**

Studio 2

06:15 - 07:00 **BODYPUMP™ Express**
12:00 - 12:45 **Virtual Sh'Bam™**
18:00 - 19:00 **BODYPUMP™**
19:15 - 20:00 **BODYBALANCE™ Express**

Cycle Studio

06:15 - 07:00 **Virtual RPM™**
11:30 - 12:00 **B:Matched**
18:15 - 19:00 **RPM™**

Pool

11:30 - 12:15 **Aqua Zumba**

Gym Floor

12:30 - 13:15 **B:Conditioned**

Thursday

Studio 1

06:30 - 07:00 **Metafit**
09:30 - 10:30 **Zumba**
10:35 - 11:20 **BODYCOMBAT™ Express**
11:25 - 12:25 **Pilates**
12:30 - 13:15 **H60+ Aerobics**
18:00 - 19:00 **BODYCOMBAT™**
19:15 - 20:15 **Yoga**

Studio 2

08:30 - 09:15 **Virtual Sh'Bam™**
09:40 - 10:25 **BODYPUMP™ Express**
17:10 - 17:55 **BODYPUMP™ Express**
19:05 - 19:35 **CXWORX™**

Cycle Studio

10:00 - 10:45 **Virtual RPM™**
18:00 - 18:45 **RPMTM**

Pool

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

Gym Floor

09:30 - 10:00 **TRX & Kettlebells**

Friday

Studio 1

06:15 - 07:00 **Bootcamp**
09:45 - 10:30 **Zumba**
10:35 - 11:05 **Blast & Burn Express**
11:15 - 12:00 **BODYBALANCE™ Express**
13:30 - 15:00 **Yoga**
17:25 - 17:55 **Boxfit**
19:00 - 20:00 **Pilates**

Studio 2

16:30 - 17:15 **Virtual Sh'Bam™**
18:00 - 19:00 **BODYPUMP™**

Cycle Studio

10:30 - 11:00 **RPM™ Express**
18:00 - 18:30 **B:Matched**
19:00 - 19:45 **Virtual RPM™**

Pool

11:25 - 12:10 **Aqua Zumba**

Saturday

Studio 1

10:00 - 11:00 **BODYATTACK™**

Studio 2

08:45 - 09:45 **BODYPUMP™**
10:00 - 10:45 **BODYBALANCE™ Express**

Cycle Studio

10:00 - 11:00 **Group Cycle**

Pool

08:45 - 09:30 **Aqua**

Sunday

Studio 1

09:30 - 10:30 **BODYCOMBAT™**

Cycle Studio

09:30 - 10:00 **Cycle Strength**

Pool

09:00 - 09:30 **Aqua**

Gym Floor

10:30 - 11:15 **Bootcamp**



Supporting your member journey.