

Monday

Aerobic Studio

06:30 - 07:00 **BODYCOMBAT™**
07:05 - 07:35 **BODYBALANCE™**
09:15 - 10:00 **LBT**
10:15 - 11:00 **BODYCOMBAT™**
11:30 - 12:45 **Hatha Yoga**
13:00 - 14:00 **Fitsteps**
17:30 - 18:00 **Metafit**
18:05 - 18:50 **BODYCOMBAT™**
19:00 - 20:00 **BODYPUMP™**
20:10 - 21:10 **BODYBALANCE™**

Cycling Studio

12:30 - 13:00 **RPM™**
17:30 - 18:00 **Group Cycling**

Functional Area

09:15 - 10:00 **B:Conditioned**
11:05 - 11:20 **Mobility, Flexibility & Rehabilitation**
18:10 - 18:30 **B:Corefit**
19:00 - 19:30 **B:Conditioned**

Pool

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

Tuesday

Aerobic Studio

06:30 - 07:00 **BODYPUMP™**
07:05 - 07:35 **Metafit**
09:15 - 10:00 **Step & Tone**
10:15 - 11:15 **Pilates**
12:30 - 13:00 **Metafit**
13:00 - 14:00 **Fitsteps**
17:30 - 18:15 **Hatha Yoga**
18:20 - 19:05 **BODYATTACK™**
19:30 - 20:30 **BODYPUMP™**
20:40 - 21:40 **Zumba**

Cycling Studio

18:20 - 19:05 **Group Cycling**

Functional Area

10:00 - 10:30 **Boxfit**
17:30 - 18:00 **B:Conditioned**
18:15 - 18:45 **B:Strong**
19:00 - 19:30 **Kettlebells**

Wednesday

Aerobic Studio

06:30 - 07:15 **BODYATTACK™**
09:15 - 10:00 **LBT**
10:15 - 11:30 **Hatha Yoga**
12:30 - 13:30 **Zumba**
17:45 - 18:15 **BODYPUMP™**
18:20 - 19:20 **Step & Tone**
19:25 - 20:25 **BODYBALANCE™**
20:30 - 21:30 **Hatha Yoga**

Cycling Studio

10:00 - 10:45 **RPM™**
17:30 - 18:15 **B:Matched**
18:20 - 18:50 **RPM™**

Functional Area

07:20 - 07:50 **Kettlebells**
09:15 - 09:45 **Kettlebells**
17:30 - 18:00 **B:Strong**
18:15 - 18:45 **B:Conditioned**

Pool

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

Thursday

Aerobic Studio

07:20 - 07:50 **Metafit**
09:20 - 10:05 **BODYPUMP™**
10:30 - 11:30 **Yoga**
11:45 - 12:45 **Pilates**
17:45 - 18:15 **BODYATTACK™**
18:20 - 18:50 **BODYCOMBAT™**
19:30 - 20:30 **Pilates**

Cycling Studio

06:30 - 07:15 **RPM™**
17:30 - 18:15 **Group Cycling**

Functional Area

06:30 - 07:00 **Bootcamp**
09:15 - 10:00 **B:Conditioned**
18:20 - 18:50 **Kettlebells**

Friday

Aerobic Studio

06:30 - 07:15 **BODYCOMBAT™**
09:30 - 10:30 **BODYBALANCE™**
10:35 - 11:20 **Step & Tone**
11:30 - 12:30 **Pilates**
17:30 - 18:00 **BODYATTACK™**
18:15 - 19:00 **BODYPUMP™**

Cycling Studio

12:30 - 13:15 **Group Cycling**

Functional Area

09:15 - 10:00 **Boxfit**
13:20 - 13:30 **B:Corefit**

Pool

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

Saturday

Aerobic Studio

08:40 - 09:40 **BODYPUMP™**
09:50 - 10:50 **BODYATTACK™**
11:00 - 11:30 **Metafit**

Cycling Studio

10:00 - 10:45 **Group Cycling**

Functional Area

08:30 - 09:00 **B:Conditioned**

Sunday

Aerobic Studio

08:30 - 09:30 **Hatha Yoga**
10:00 - 11:00 **BODYCOMBAT™**
18:00 - 19:00 **Hatha Yoga**

Cycling Studio

11:30 - 12:15 **RPM™**

Functional Area

11:05 - 11:25 **Mobility, Flexibility & Rehabilitation**
12:20 - 12:30 **B:Corefit**
16:00 - 17:00 **Bootcamp**

