

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

**Studio 1**

12:00 - 13:00 **Yoga**  
17:30 - 18:15 **Zumba**  
18:15 - 19:15 **Ashtanga Yoga**  
19:15 - 19:45 **CXWORX™**  
19:45 - 20:45 **BODYPUMP™**

**Cycle Studio**

07:00 - 07:45 **Group Cycle**  
12:30 - 13:00 **Group Cycle**  
13:15 - 13:45 **Virtual RPM™**  
17:45 - 18:15 **Virtual RPM™**  
18:30 - 19:00 **Group Cycle**  
19:15 - 19:45 **Virtual RPM™**

**Gym**

13:00 - 13:30 **B:Corefit**

**Studio 1**

07:00 - 07:30 **Metafit**  
12:00 - 13:00 **Yoga**  
17:30 - 18:15 **LBT**  
18:45 - 19:30 **BODYPUMP™**  
19:30 - 20:30 **BODYCOMBAT™**

**Cycle Studio**

06:15 - 06:45 **Group Cycle**  
07:00 - 07:30 **Virtual RPM™**  
12:00 - 12:30 **Virtual RPM™**  
13:00 - 13:30 **Group Cycle**  
17:45 - 18:15 **Virtual RPM™**  
18:30 - 19:00 **Group Cycle**  
19:15 - 20:00 **B:Matched**

**Gym**

12:30 - 13:00 **B:Conditioned**

**Studio 1**

12:30 - 13:00 **Metafit**  
17:45 - 18:45 **BODYPUMP™**  
19:00 - 20:00 **BODYCOMBAT™**

**Cycle Studio**

06:30 - 07:00 **Group Cycle**  
07:15 - 07:45 **B:Matched**  
07:45 - 08:15 **Virtual RPM™**  
12:00 - 12:30 **Virtual RPM™**  
13:15 - 13:45 **Group Cycle**  
17:30 - 18:00 **Group Cycle**  
18:15 - 18:45 **Virtual RPM™**

**Studio 1**

06:30 - 07:30 **BODYATTACK™**  
07:30 - 08:00 **CXWORX™**  
12:00 - 12:30 **Pilates**  
12:30 - 13:30 **BODYBALANCE™**  
17:30 - 18:15 **Zumba**  
18:30 - 19:00 **Metafit**

**Cycle Studio**

07:30 - 08:00 **Virtual RPM™**  
17:30 - 18:00 **Group Cycle**  
18:15 - 18:45 **Virtual RPM™**

**Gym**

13:30 - 14:00 **B:Strong**

**Studio 1**

12:30 - 13:00 **Metafit**  
17:30 - 18:30 **BODYPUMP™**  
18:30 - 19:15 **BODYCOMBAT™**

**Cycle Studio**

07:00 - 07:45 **Group Cycle**  
12:00 - 12:30 **Virtual RPM™**  
12:45 - 13:15 **Virtual RPM™**  
13:30 - 14:00 **Group Cycle**

**Studio 1**

12:00 - 13:00 **BODYATTACK™**  
13:00 - 14:00 **BODYPUMP™**  
15:00 - 16:00 **Yoga**

**Cycle Studio**

09:00 - 10:00 **Virtual RPM™**  
11:00 - 11:45 **B:Matched**

**Sunday**

**Studio 1**

11:00 - 11:45 **Bootcamp**

**Cycle Studio**

09:00 - 10:00 **Virtual RPM™**  
16:30 - 17:00 **Group Cycle**



**Wellness Bundles. Supporting your member journey.**