

Monday

Studio 1

09:00 - 09:30 Tabata
09:45 - 10:45 BODYATTACK™
11:00 - 12:00 Yoga
12:15 - 13:15 Body Sculpt
18:00 - 19:00 BODYCOMBAT™
20:00 - 20:45 Yoga

Studio 2

09:45 - 10:45 Pilates
18:00 - 19:00 Zumba
19:00 - 20:00 LBT

Cycling Studio

11:30 - 12:00 B:Matched
18:00 - 18:30 B:Matched

Gym Floor

06:45 - 07:30 B:Strong
10:45 - 11:30 B:Conditioned
17:30 - 18:15 B:Corefit

Pool

11:00 - 11:45 Aqua

Tuesday

Studio 1

06:45 - 07:30 Circuits
09:30 - 10:15 Metafit
10:30 - 11:15 Young @ Heart
11:15 - 12:00 BODYPUMP™
12:15 - 13:00 Pilates
18:00 - 19:00 Zumba
19:00 - 20:00 Pilates On The Ball
20:00 - 20:30 Metafit

Studio 2

09:30 - 10:30 BODYBALANCE™
10:45 - 11:45 Boxercise
17:15 - 18:00 Yoga
18:00 - 18:45 Yoga

Cycling Studio

06:45 - 07:15 B:Matched
12:00 - 12:30 B:Matched
18:00 - 18:30 B:Matched

Gym Floor

17:30 - 18:15 B:Strong

Pool

10:30 - 11:15 Aqua Yoga
18:00 - 18:45 Aqua Yoga

Wednesday

Studio 1

06:45 - 07:30 Circuits
09:30 - 10:15 Young @ Heart
10:15 - 11:00 Boxercise
11:00 - 12:00 Kettlecise
12:30 - 13:30 Yoga
18:00 - 19:00 BODYPUMP™
19:15 - 20:15 Kettlecise

Studio 2

18:00 - 19:00 Boxercise
19:00 - 20:00 Yoga

Cycling Studio

06:45 - 07:30 Group Cycle
19:15 - 20:00 Group Cycle

Gym Floor

17:30 - 18:15 B:Corefit

Pool

10:30 - 11:15 Aqua

Thursday

Studio 1

06:45 - 07:30 Kettlepump
09:00 - 09:30 Tabata
09:45 - 10:45 BODYCOMBAT™
11:45 - 12:45 Boxercise
13:00 - 13:45 Pilates
18:00 - 19:00 BODYPUMP™
19:00 - 20:00 BODYCOMBAT™

Studio 2

12:00 - 13:00 Meditation
18:00 - 19:00 Pilates

Cycling Studio

12:15 - 13:00 Group Cycle
18:15 - 19:00 Group Cycle

Gym Floor

10:45 - 11:30 B:Conditioned
17:30 - 18:15 B:Corefit

Pool

09:45 - 10:30 Aqua

Friday

Studio 1

09:45 - 10:30 HIIT
11:00 - 12:00 BODYPUMP™
12:15 - 13:00 Pilates
18:00 - 19:00 Boxercise

Studio 2

11:00 - 12:00 Yoga
18:30 - 19:30 Pilates

Cycling Studio

06:45 - 07:30 Group Cycle
12:00 - 12:30 B:Matched

Pool

10:15 - 11:00 Aqua

Saturday

Studio 1

09:00 - 10:00 BODYATTACK™
10:00 - 11:00 BODYPUMP™
11:15 - 12:15 ZUMBA

Studio 2

11:00 - 12:00 Yoga

Cycling Studio

11:00 - 11:30 B:Matched

Gym Floor

10:00 - 10:45 B:Conditioned

Pool

10:15 - 11:00 Aqua

Sunday

Studio 1

09:00 - 10:00 BODYPUMP™
10:15 - 11:15 Pilates
11:15 - 12:15 Yoga

Studio 2

11:15 - 12:00 Kettlecise

Cycling Studio

10:15 - 11:00 Group Cycle

Gym Floor

11:00 - 11:45 B:Corefit



Wellness Bundles. Supporting your member journey.