

Monday

Studio 1

10:00 - 11:00 **Aerobics**
11:00 - 12:00 **Ballroom Dance**
12:00 - 13:00 **Tai Chi Balance**
17:15 - 18:00 **Bootcamp**
18:00 - 19:00 **Zumba**
19:00 - 20:00 **Salsa**

Shelly Woods Studio

07:00 - 07:30 **Virtual BODYPUMP™**
09:30 - 10:00 **Step and Tone**
18:00 - 19:00 **BODYCOMBAT™**
19:05 - 19:35 **BODYPUMP™ Express**

Cycling Studio

06:10 - 06:55 **Virtual RPM™**
09:30 - 10:00 **B:Matched**
13:00 - 13:30 **Group Cycling Express**
18:15 - 18:45 **Group Cycling Express**

Pool

19:00 - 19:45 **Aqua Aerobics**

Gym

07:00 - 07:30 **B:Conditioned**

Tuesday

Studio 1

11:30 - 13:00 **Yoga**
13:30 - 14:30 **Pilates**
17:00 - 18:00 **Boxercise**
18:00 - 19:00 **Kids Street Dance**
19:00 - 20:00 **Pilates**

Shelly Woods Studio

09:30 - 10:30 **BODYPUMP™**
10:40 - 11:10 **Virtual CXWORX™**
11:30 - 13:00 **Cleaning and Maintenance**
17:20 - 17:50 **Virtual CXWORX™**
18:00 - 19:00 **Body Sculpt**
19:05 - 19:25 **Ab Attack**

Cycling Studio

07:00 - 07:45 **Group Cycling**
11:30 - 13:00 **Cleaning and Maintenance**
16:00 - 16:45 **Virtual RPM™**
18:00 - 18:30 **Beginners Group Cycling**
18:45 - 19:30 **Virtual RPM™**

Gym

12:00 - 12:30 **B:Strong**

Wednesday

Studio 1

09:30 - 10:00 **Step and Tone**
10:00 - 11:00 **Aerobics**
11:00 - 12:00 **Pilates**
18:00 - 19:00 **Pilates**

Shelly Woods Studio

06:20 - 07:20 **Virtual BODYPUMP™**
11:00 - 11:45 **BODYPUMP™**
12:00 - 13:00 **Ladies that Lift**
17:15 - 17:45 **Virtual BODYCOMBAT™**
18:00 - 19:00 **BODYPUMP™**
19:10 - 20:10 **Virtual BODYCOMBAT™**

Cycling Studio

06:10 - 06:55 **Virtual RPM™**
13:00 - 13:30 **Virtual RPM™**
17:15 - 17:45 **B:Matched**
18:15 - 19:00 **Group Cycling**

Gym

07:00 - 07:30 **B:Conditioned**

Thursday

Studio 1

10:00 - 11:30 **Yoga**
12:00 - 13:00 **Target Tone**
17:15 - 18:00 **Kettlebell Training**
18:00 - 19:00 **Boxercise**
19:10 - 20:10 **Brazilian Jui Jitsu**

Shelly Woods Studio

06:20 - 06:50 **Virtual CXWORX™**
10:00 - 11:30 **Cleaning and Maintenance**
17:15 - 17:45 **Virtual BODYCOMBAT™**
18:00 - 18:45 **Ladies that Lift**
19:00 - 20:00 **Yoga**

Cycling Studio

07:00 - 07:45 **Group Cycling**
10:00 - 11:30 **Cleaning and Maintenance**
16:00 - 16:45 **Virtual RPM™**
17:15 - 17:45 **B:Matched**
18:00 - 18:45 **Group Cycling Express**

Pool

13:30 - 14:15 **Aqua Aerobics**

Gym

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

Friday

Studio 1

09:30 - 10:15 **Aerobic Circuits**
11:00 - 12:00 **Beginners Ballroom Dance**
17:00 - 17:25 **Ab Attack**

Shelly Woods Studio

06:20 - 06:50 **Virtual BODYBALANCE™**
10:15 - 10:45 **Virtual BODYCOMBAT™**
11:00 - 12:00 **BODYPUMP™**
12:00 - 13:00 **Pilates**
14:00 - 14:30 **Virtual CXWORX™**
17:30 - 18:30 **BODYPUMP™**
18:40 - 19:10 **VIRTUAL BODYCOMBAT™**

Cycling Studio

06:10 - 06:55 **Virtual RPM™**
13:00 - 13:30 **Group Cycle Express**

Pool

12:30 - 13:15 **Aqua Aerobics**

Gym

07:00 - 07:30 **B:Conditioned**

Saturday

Studio 1

12:00 - 13:00 **Zumba**

Shelly Woods Studio

11:00 - 12:00 **BODYCOMBAT™**
12:10 - 12:40 **Virtual BODYPUMP™**
12:45 - 13:15 **Virtual SH'BAM™**

Cycling Studio

10:00 - 10:45 **Group Cycling Express**
14:00 - 14:45 **Virtual RPM™**

Pool

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

Gym

09:15 - 09:45 **B:Strong**
15:00 - 15:30 **B:Conditioned**

Sunday

Shelly Woods Studio

11:00 - 12:00 **BODYPUMP™**
12:10 - 12:40 **Virtual SH'BAM™**

Cycling Studio

09:00 - 09:45 **Group Cycling**
13:00 - 13:30 **B:Matched**
14:00 - 14:45 **Virtual RPM™**

Pool

14:00 - 14:45 **Kids B:Active**

Gym

12:15 - 12:45 **B:Corefit**

