

Monday Tuesday Wednesday Thursday Friday Saturday

Studio 2

06:15 - 06:45 Les Mills Virtual BODYCOMBAT™
06:45 - 07:45 Les Mills Virtual BODYPUMP™
09:00 - 10:00 Pilates
10:15 - 11:15 Body Sculpt
18:00 - 19:00 Step and Tone
19:00 - 19:45 LBT
20:00 - 21:00 Yoga

Cycle Studio

06:45 - 07:15 Les Mills Virtual RPM™
09:30 - 10:15 Group Cycling
18:00 - 18:45 Group Cycling
18:45 - 19:15 B:Matched

Gym

07:00 - 07:30 B:Strong
10:30 - 11:00 B:Conditioned
19:00 - 19:30 B:Corefit

Pool

10:00 - 11:00 Aqua Aerobics

Studio 2

06:15 - 06:45 Les Mills Virtual BODYPUMP™
06:45 - 07:45 Les Mills Virtual BODYCOMBAT™
09:00 - 10:00 Circuits
11:00 - 12:00 Pilates
18:00 - 18:45 BODYPUMP™
19:00 - 19:45 BODYATTACK™
19:45 - 20:45 Pilates

Cycle Studio

06:15 - 06:45 Les Mills Virtual RPM™
09:30 - 10:15 Les Mills Virtual RPM™
10:15 - 10:45 B:Matched
18:00 - 18:45 RPM™

Gym

07:00 - 07:30 B:Corefit
19:00 - 19:30 B:Strong

Studio 2

06:15 - 06:45 Les Mills Virtual BODYBALANCE™
06:45 - 07:45 Les Mills Virtual BODYPUMP™
09:15 - 10:00 Body Sculpt
10:15 - 11:00 BODYPUMP™
11:00 - 12:00 Yoga
18:00 - 18:45 LBT
18:45 - 19:45 BODYPUMP™
20:00 - 21:00 Les Mills Virtual BODYBALANCE™

Cycle Studio

06:45 - 07:30 Les Mills Virtual RPM™
09:30 - 10:15 Group Cycling
18:00 - 18:45 Group Cycling
18:45 - 19:15 B:Matched

Gym

07:00 - 07:30 B:Conditioned
19:00 - 19:30 B:Corefit

Pool

10:00 - 11:00 Aqua Aerobics

Studio 2

06:15 - 06:45 Les Mills Virtual BODYPUMP™
06:45 - 07:45 Les Mills Virtual BODYCOMBAT™
09:15 - 10:15 BODYPUMP™
10:15 - 11:00 LBT
11:00 - 12:00 Pilates
18:15 - 19:00 BODYCOMBAT™
19:00 - 19:45 BODYBALANCE™

Cycle Studio

06:15 - 06:45 Les Mills Virtual RPM™
09:30 - 10:15 Les Mills Virtual RPM™
18:00 - 18:30 B:Matched

Gym

10:30 - 11:00 B:Corefit
19:00 - 19:30 B:Conditioned

Pool

10:00 - 11:00 Aqua Aerobics

Studio 2

06:15 - 06:45 BODYCOMBAT™
06:45 - 07:45 BODYPUMP™
09:00 - 09:45 Step and Tone
10:00 - 10:45 BODYBALANCE™
12:30 - 13:30 Yoga
17:30 - 18:30 Yoga
18:35 - 19:35 Zumba

Cycle Studio

06:45 - 07:30 Les Mills Virtual RPM™
09:15 - 09:45 B:Matched

Gym

07:00 - 07:30 B:Strong
10:00 - 10:30 B:Corefit

Pool

10:00 - 11:00 Aqua Aerobics

Studio 2

07:45 - 08:45 Les Mills Virtual BODYCOMBAT™
09:00 - 10:00 BODYPUMP™
10:15 - 11:15 Pilates

Cycle Studio

07:30 - 08:15 Les Mills Virtual RPM™
08:30 - 09:15 RPM™
09:30 - 10:00 B:Matched

Gym

09:30 - 10:00 B:Strong
10:15 - 10:45 B:Corefit

Sunday

Studio 2

07:15 - 07:45 Les Mills Virtual BODYPUMP™
08:15 - 09:00 BODYATTACK™
10:00 - 11:00 Yoga

Cycle Studio

07:30 - 08:15 Les Mills Virtual RPM™
08:30 - 09:15 Group Cycling

Gym

09:30 - 10:00 B:Corefit
10:15 - 10:45 B:Conditioned



Wellness Bundles. Supporting your member journey.

