

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Studio 1

06:15 - 07:00 Virtual BODYPUMP™
07:05 - 07:35 Virtual CXWORX™
09:30 - 10:30 BODYPUMP™
10:40 - 11:40 BODYBALANCE™
13:00 - 14:00 Pilates
14:30 - 15:30 Tai Chi
17:00 - 17:45 Virtual BORN TO MOVE 6-7 years
18:00 - 19:00 BODYPUMP™
19:10 - 20:10 Virtual BODYCOMBAT™
20:00 - 21:00 Pilates

Studio 2

06:45 - 07:30 Virtual SH'BAM™
10:30 - 11:00 Virtual BORN TO MOVE 4-5 years
12:00 - 12:45 Zumba
16:00 - 16:45 Virtual BORN TO MOVE 4-5 years
17:30 - 18:00 METAFIT
18:30 - 19:30 Yoga

Gym Floor

07:35 - 07:45 B:Corefit
10:20 - 10:40 B:Conditioned
20:15 - 20:45 B:Strong

Cycle Studio

06:45 - 07:30 Group Cycle
09:30 - 10:20 Virtual RPM™
12:30 - 13:20 Virtual RPM™
18:00 - 18:45 Group Cycle
19:00 - 19:50 Virtual RPM™

Studio 3

06:10 - 06:40 Speedflex Classic 30
12:30 - 13:00 Speedflex Classic 30
19:00 - 19:30 Speedflex Induction
19:30 - 20:00 Speedflex Classic 30

Pool

09:30 - 10:15 Aqua Aerobics
18:30 - 19:15 Aqua Aerobics

Studio 1

06:45 - 07:30 Circuits
07:45 - 08:15 Virtual CXWORX™
08:30 - 09:15 Virtual SH'BAM™
09:30 - 10:30 BODYCOMBAT™
11:15 - 12:00 Virtual SH'BAM™
18:15 - 19:00 Circuits
19:15 - 20:15 BodyBalance
20:30 - 21:15 Virtual SH'BAM™

Studio 2

10:00 - 10:30 Virtual BORN TO MOVE™ 4-5 years
10:45 - 11:45 Yoga
17:15 - 18:00 Virtual BORN TO MOVE™ 13-16 years
18:15 - 19:00 Step
19:15 - 20:00 Virtual SH'BAM™

Gym Floor

07:35 - 07:45 B:Corefit
10:15 - 10:45 B:Strong

Cycle Studio

06:10 - 06:40 Virtual RPM™
06:45 - 07:35 Virtual RPM™
09:30 - 10:00 Group Cycle
10:40 - 11:25 RPM™
12:30 - 13:20 Virtual RPM™
17:30 - 18:00 Group Cycle
19:15 - 20:05 Virtual RPM™

Studio 3

08:00 - 08:30 Speedflex Classic
12:30 - 13:00 Speedflex Classic
19:30 - 20:00 Speedflex Classic

Pool

09:30 - 10:15 Aqua Aerobics
19:30 - 20:30 B:Swimfit

Studio 1

06:15 - 07:00 Virtual BODYPUMP™
07:30 - 08:00 Virtual CXWORX™
08:00 - 09:00 Virtual BODYCOMBAT™
09:30 - 10:30 BODYPUMP™
10:45 - 11:45 Pilates
12:00 - 12:45 Virtual SH'BAM™
13:00 - 13:30 Virtual CXWORX™
18:30 - 19:30 BODYPUMP™
20:15 - 21:15 Pilates

Studio 2

06:30 - 07:15 Virtual SH'BAM™
08:15 - 09:15 Virtual BODYBALANCE™
09:45 - 10:30 Zumba Tone
10:30 - 11:00 Virtual BORN TO MOVE 4-5 years
13:00 - 14:00 Virtual BODYBALANCE™
18:00 - 18:45 Virtual BORN TO MOVE™ 13-16 years

Gym Floor

19:00 - 20:00 Yoga
20:00 - 21:15 Yoga

Gym Floor

07:35 - 07:50 B:Conditioned
10:35 - 11:05 B:Strong
18:50 - 19:00 B:Corefit
19:30 - 20:00 B:Conditioned

Cycle Studio

06:45 - 07:30 Group cycle
09:30 - 10:20 Virtual RPM™
13:00 - 13:45 Group Cycle
18:00 - 18:45 Group Cycle
20:15 - 21:05 Virtual RPM™

Studio 3

06:10 - 06:40 Speedflex Classic
10:00 - 10:30 Speedflex Classic
17:15 - 17:45 Speedflex Classic

Pool

09:30 - 10:15 Aqua Zumba

Studio 1

06:45 - 07:15 METAFIT
07:20 - 07:50 Virtual CXWORX™
09:30 - 10:15 BODYCOMBAT™
10:20 - 11:05 BODYBALANCE™
11:15 - 12:00 Virtual SH'BAM™
12:00 - 13:00 Tai Chi
17:30 - 18:00 METAFIT
18:00 - 19:00 BODYCOMBAT™

Studio 2

08:00 - 08:45 Virtual SH'BAM™
10:00 - 10:30 Virtual BORN TO MOVE 4-5 years
10:45 - 12:00 Yoga
16:00 - 16:45 Virtual BORN TO MOVE 4-5 years
17:00 - 17:45 Virtual BORN TO MOVE 6-7 years

Gym floor

18:15 - 19:00 LBT
19:15 - 20:15 Virtual BODYBALANCE™

Gym floor

10:00 - 10:30 B:Conditioned
18:50 - 19:00 B:Corefit

Cycle Studio

06:10 - 06:40 Virtual RPM™
06:45 - 07:35 Virtual RPM™
09:30 - 10:00 Group Cycle
18:00 - 18:45 Group Cycle

Studio 3

08:00 - 08:30 Speedflex Classic
12:30 - 13:00 Speedflex Classic
19:30 - 20:00 Speedflex Classic

Pool

09:30 - 10:15 Aqua Aerobics
19:30 - 20:30 B:Swimfit

Studio 1

06:30 - 07:30 Virtual BODYPUMP™
07:30 - 08:30 Virtual BODYCOMBAT™
09:30 - 10:30 BODYPUMP™
10:45 - 11:45 Pilates
12:15 - 12:45 METAFIT
15:30 - 16:30 Virtual BODYBALANCE™
17:15 - 17:45 Virtual CXWORX™
18:15 - 18:45 Circuits
19:00 - 19:45 Virtual BODYPUMP™

Studio 2

06:30 - 07:15 Virtual SH'BAM™
08:30 - 09:30 Virtual BODYBALANCE™
09:45 - 10:30 Aerobics
10:30 - 11:00 Virtual BORN TO MOVE 4-5 years
17:30 - 18:15 Virtual SH'BAM™
18:30 - 19:45 Yoga

Gym Floor

07:35 - 07:45 B:Corefit
09:30 - 10:00 B:Strong
17:00 - 17:30 B:Strong

Cycle Studio

06:45 - 07:30 Group Cycle
09:30 - 10:20 Virtual RPM™
17:45 - 18:15 Group Cycle

Studio 3

06:10 - 06:20 Speedflex Classic 30
18:00 - 18:30 Speedflex Classic 30

Studio 1

08:15 - 08:45 METAFIT
09:00 - 10:00 BODYPUMP™
10:10 - 11:10 BODYBALANCE™
15:15 - 16:15 Virtual BODYPUMP™
16:30 - 17:30 Virtual BODYCOMBAT™
17:30 - 18:00 Virtual CXWORX™
18:00 - 18:30 METAFIT

Studio 2

08:30 - 09:15 Virtual SH'BAM™
09:15 - 10:00 Virtual BORN TO MOVE 6-7 years
10:00 - 10:45 Virtual BORN TO MOVE 13-16 years
11:15 - 12:00 Virtual BORN TO MOVE 6-7 years
16:30 - 17:30 Virtual BODYBALANCE™

Gym Floor

09:50 - 10:00 B:Corefit
11:30 - 12:00 B:Conditioned

Cycle Studio

08:15 - 09:05 Virtual RPM™
09:00 - 09:45 Group Cycle
12:00 - 12:50 Virtual RPM™
16:30 - 17:00 Virtual RPM™

Studio 3

10:15 - 10:45 Speedflex Classic 30
17:15 - 17:45 Speedflex Classic 30

Studio 1

08:15 - 08:45 Virtual CXWORX™
09:00 - 09:45 Virtual BODYPUMP™
10:00 - 10:45 Virtual SH'BAM™
11:15 - 12:00 Circuits
12:15 - 13:00 LBT
16:00 - 16:45 Virtual BORN TO MOVE 13-16 years
17:30 - 18:00 METAFIT

Studio 2

08:45 - 09:45 Virtual BODYBALANCE™
10:00 - 10:30 Virtual BORN TO MOVE 8-12 years
11:00 - 12:00 Yoga
12:15 - 12:45 Virtual BORN TO MOVE 6-7 years
16:00 - 16:45 Virtual SH'BAM™
18:00 - 19:00 Virtual BODYBALANCE™

Gym Floor

09:00 - 09:30 B:Strong

Cycle Studio

09:45 - 10:30 Group Cycle
12:00 - 12:45 Group Cycle
16:30 - 17:00 Virtual RPM™

Studio 3

08:15 - 08:45 Speedflex Classic 30
15:15 - 15:45 Speedflex Induction
15:45 - 16:15 Speedflex Classic 30
18:30 - 19:00 Speedflex Classic 30

