

**Monday**

**Studio 1**

07:00 - 07:30 **Metafit**

12:15 - 12:45 **Metafit**

13:00 - 13:45 **Complete Stretch**

17:45 - 18:30 **BODYPUMP™**

18:30 - 19:15 **BODYCOMBAT™**

19:15 - 20:30 **Yoga**

**Cycling Studio**

18:00 - 18:45 **Group Cycle**

**Tuesday**

**Studio 1**

12:15 - 13:00 **Kettlebell Conditioning**

13:00 - 13:15 **Awesome Abs**

13:15 - 14:00 **Yoga**

17:45 - 18:30 **Zumba**

18:30 - 19:15 **BODYCOMBAT™**

19:30 - 20:45 **Slow Flow Deep Stretch Yoga**

**Cycling Studio**

07:00 - 07:45 **Group Cycle**

12:30 - 13:00 **Group Cycle**

17:45 - 18:15 **Group Cycle**

18:15 - 19:00 **Group Cycle**

**Wednesday**

**Studio 1**

07:00 - 07:45 **Circuits**

12:15 - 13:00 **BODYPUMP™**

13:15 - 14:00 **BODYCOMBAT™**

17:15 - 17:45 **Metafit**

18:00 - 18:45 **Bootcamp**

18:45 - 19:30 **SH'BAM™**

19:45 - 20:45 **Pilates**

**Cycling Studio**

12:30 - 13:00 **Group Cycle**

18:00 - 18:45 **Group Cycle**

**Thursday**

**Studio 1**

07:30 - 08:15 **Vinyasa Flow**

12:15 - 13:00 **Total Body Workout**

13:00 - 13:45 **Pilates**

17:45 - 18:30 **BODYCOMBAT™**

18:30 - 19:15 **BODYPUMP™**

19:15 - 20:00 **Kettlebell Training**

**Cycling Studio**

17:45 - 18:15 **Group Cycle**

18:15 - 19:00 **Group Cycle**

**Friday**

**Studio 1**

12:15 - 12:45 **Metafit**

13:15 - 14:00 **Hatha Yoga**

17:15 - 17:45 **Metafit**

18:30 - 19:30 **Pilates**

**Cycling Studio**

07:00 - 07:45 **Group Cycle**

18:00 - 18:30 **B:Matched**

**Saturday**

**Studio 1**

10:00 - 11:00 **BODYCOMBAT™**

11:00 - 11:30 **CXWORX™**

11:30 - 12:30 **BODYPUMP™**

**Sunday**

**Studio 1**

11:00 - 12:00 **Vinyasa Flow**

