

Monday

Studio 1

06:50 - 07:40 **Insanity™**
09:45 - 10:30 **Zumba**
10:35 - 11:05 **Fitball**
12:30 - 13:15 **BODYPUMP™**
17:45 - 18:45 **BODYPUMP™**
18:50 - 19:50 **BODYCOMBAT™**
20:00 - 21:15 **Hatha Yoga**

Studio 2

12:45 - 13:15 **Group Cycle**
18:00 - 18:45 **Group Cycle**
19:00 - 19:30 **Group Cycle HIIT**
20:00 - 21:00 **Pilates**

Speedflex

07:45 - 08:15 **Speedflex**
12:15 - 12:45 **Coreflex**
17:15 - 17:45 **Speedflex**
18:00 - 18:30 **Coreflex**

Pool

10:35 - 11:05 **Aqua Aerobics**
11:15 - 11:45 **Aqua Aerobics**

Gym

06:15 - 06:45 **B:Conditioned**

Tuesday

Studio 1

06:45 - 07:30 **BODYPUMP™**
09:10 - 09:55 **LBT**
10:05 - 10:50 **Line Dancing**
12:30 - 13:15 **BODYCOMBAT™**
13:20 - 14:20 **Hatha Yoga**
17:45 - 18:45 **BODYATTACK™**
18:50 - 19:50 **BODYPUMP™**
20:00 - 21:15 **Vinyasa Yoga**

Studio 2

07:00 - 07:30 **Group Cycle HIIT**
12:45 - 13:15 **Group Cycle HIIT**
18:00 - 18:45 **Group Cycle**

Speedflex

07:40 - 08:10 **Coreflex**
12:15 - 12:45 **Speedflex**

Gym

06:10 - 06:40 **B:Strong**
12:00 - 12:30 **B:Strong**
17:15 - 17:45 **B:Conditioned**

Wednesday

Studio 1

07:00 - 07:45 **BODYCOMBAT™**
09:30 - 10:30 **Pilates**
10:45 - 11:45 **Pilates**
12:30 - 13:00 **Metafit**
17:45 - 18:30 **PiYo™**
18:50 - 19:35 **SH'BAM™**

Studio 2

07:10 - 08:10 **Hatha Yoga**
12:45 - 13:15 **Group Cycle**
18:00 - 18:45 **Group Cycle**

Speedflex

07:00 - 07:15 **Speedflex Technique**
07:15 - 07:45 **Speedflex**
12:15 - 12:45 **Coreflex**

Pool

10:00 - 10:45 **Aqua Aerobics**

Gym

06:15 - 06:45 **B:Conditioned**
17:15 - 17:45 **B:Corefit**

Thursday

Studio 1

07:00 - 07:30 **Metafit**
10:00 - 11:00 **Zumba**
12:15 - 13:00 **Insanity™**
17:45 - 18:45 **BODYCOMBAT™**
18:45 - 20:00 **Hatha Yoga**
20:00 - 21:15 **Ashtanga Yoga**

Studio 2

18:00 - 18:30 **Group Cycle**

Speedflex

07:30 - 08:00 **Speedflex**
12:15 - 12:45 **Speedflex**
18:45 - 19:15 **Coreflex**

Gym

06:15 - 06:45 **B:Strong**
17:15 - 17:45 **B:Conditioned**

Friday

Studio 1

07:10 - 08:10 **Hatha Yoga**
09:30 - 10:30 **BODYBALANCE™**
10:30 - 11:15 **Mind & Body**
12:30 - 13:15 **BODYPUMP™**
13:20 - 14:20 **Pilates**
17:45 - 18:45 **BODYATTACK™**
18:50 - 19:20 **Insanity™**

Studio 2

07:00 - 07:45 **Group Cycle**
18:00 - 18:30 **Group Cycle HIIT**

Speedflex

07:00 - 07:30 **Coreflex**
12:00 - 12:30 **Coreflex**
12:45 - 13:15 **Speedflex**
17:15 - 17:45 **Speedflex**

Pool

11:20 - 11:50 **Aqua Aerobics**

Gym

06:15 - 06:45 **B:Corefit**

Saturday

Studio 1

09:00 - 10:20 **Hatha Yoga**
10:30 - 11:30 **BODYCOMBAT™**
11:35 - 12:35 **BODYPUMP™**

Studio 2

09:00 - 10:00 **Pilates**
10:20 - 11:20 **RPM™**

Gym

09:00 - 09:30 **B:Conditioned**

Sunday

Studio 1

10:30 - 11:30 **BODYCOMBAT™**
11:35 - 12:35 **BODYPUMP™**
12:45 - 13:45 **BODYBALANCE™**

Studio 2

10:30 - 11:00 **B:Matched**

Speedflex

09:45 - 10:15 **Coreflex**

Gym

09:00 - 09:30 **B:Strong**



Wellness Bundles. Supporting your member journey.