

Monday

Studio 1
06:20 - 06:50 Virtual GRIT™
07:30 - 08:00 Virtual BODYCOMBAT™
09:30 - 10:30 BODYATTACK™
10:45 - 11:45 BODYPUMP™
13:15 - 14:15 Virtual SH'BAM™
15:15 - 16:45 Tai Chi
17:30 - 18:30 Virtual BODYBALANCE™
18:30 - 19:30 BODYATTACK™
19:45 - 20:30 Body Tone
20:45 - 21:15 Virtual GRIT™

Cycling Studio
06:15 - 06:45 Group Cycling
06:45 - 07:30 B:Matched
07:45 - 08:15 Virtual RPM™
09:30 - 10:30 Group Cycling
12:00 - 12:30 Virtual RPM™
18:00 - 18:30 Virtual RPM™
18:45 - 19:30 Group Cycling
19:45 - 20:15 Virtual RPM™

Speedflex
07:30 - 08:00 Speedflex 30
12:45 - 13:30 Speedflex 45
17:30 - 18:00 Speedflex 30
18:00 - 18:30 Kettlebells

Mind & Body
11:00 - 12:30 Yoga
17:15 - 17:45 Express Pilates (I)
17:45 - 18:30 Barre Concept
18:30 - 20:00 Yoga
20:15 - 21:15 Tai Chi

Pool
12:00 - 12:30 Aqua Aerobics

Tuesday

Studio 1
06:30 - 07:15 Circuits
07:30 - 08:00 Virtual GRIT™
09:30 - 10:30 Zumba
10:30 - 11:30 Aerobics
11:45 - 12:15 Virtual CXWORX™
12:45 - 13:45 Tai Chi
17:00 - 17:30 Virtual CXWORX™
17:45 - 18:30 Express BODYPUMP™
18:45 - 19:45 BODYCOMBAT™
19:45 - 20:30 Zumba
21:00 - 21:30 Virtual BODYBALANCE™

Cycling Studio
06:25 - 06:55 Virtual RPM™
07:45 - 08:15 Virtual RPM™
12:30 - 13:00 Virtual RPM™
19:00 - 20:00 RPM™
20:15 - 20:45 Virtual RPM™

Speedflex
07:30 - 08:00 Coreflex
09:30 - 10:00 Speedflex 30
11:30 - 12:15 Bodyflex
17:30 - 18:15 Speedflex 45

Mind & Body
09:30 - 10:30 Pilates (I)
10:30 - 11:30 Pilates (I)
13:00 - 14:00 Pilates (B)
14:00 - 15:00 Pilates (B)
15:00 - 16:00 Pilates (I)
18:00 - 19:00 Pilates (I)
19:00 - 20:00 Pilates (B)

Gym Floor
10:30 - 11:30 SWPT Fit
18:15 - 18:45 B:Strong

Pool
12:30 - 13:00 Aqua Aerobics

Wednesday

Studio 1
06:15 - 06:45 Virtual BODYPUMP™
07:30 - 08:00 Metafit
08:00 - 08:30 Virtual GRIT™
09:30 - 10:00 Virtual CXWORX™
10:00 - 10:45 BLT
11:00 - 12:00 Virtual BODYCOMBAT™
12:30 - 13:30 BODYBALANCE™
17:45 - 18:15 Virtual BODYPUMP™
18:30 - 19:30 BODYATTACK™
19:45 - 20:45 BODYPUMP™

Cycling Studio
06:15 - 06:45 Virtual RPM™
07:00 - 07:30 Group Cycling
10:45 - 11:30 B:Matched
12:00 - 12:30 Virtual RPM™
17:15 - 17:45 Virtual RPM™
18:00 - 18:30 Group Cycling

Speedflex
06:15 - 06:45 Speedflex 30
10:00 - 10:45 Speedflex 45
17:30 - 18:00 Speedflex 30

Mind & Body
09:00 - 10:00 Pilates (B)
10:45 - 12:15 Yoga
18:15 - 19:15 Pilates (B/I)
19:30 - 20:30 Pilates (I)

Gym Floor
07:00 - 07:30 B:Strong

Thursday

Studio 1
06:15 - 06:45 Virtual CXWORX™
07:00 - 07:30 Metafit
07:30 - 08:00 Virtual BODYCOMBAT™
09:30 - 10:15 Stretch & Tone
10:30 - 11:30 Aerobics
11:30 - 12:30 Zumba
12:45 - 13:45 Virtual SH'BAM™
14:00 - 14:45 Virtual BODYPUMP™
17:30 - 18:00 Virtual CXWORX™
18:00 - 18:45 BODYCOMBAT™
19:00 - 20:00 BODYPUMP™
20:15 - 20:45 Virtual BODYBALANCE™

Cycling Studio
06:25 - 06:55 Group Cycling
07:00 - 07:30 Virtual RPM™
09:00 - 09:45 B:Matched
10:30 - 11:00 Virtual RPM™
18:00 - 18:45 Group Cycling
19:00 - 20:00 Virtual RPM™

Speedflex
07:30 - 08:00 Speedflex 30
10:00 - 10:30 Speedflex 30
17:30 - 18:00 Speedflex 30

Mind & Body
10:30 - 12:00 Yoga
12:30 - 13:30 Pilates (I)
13:30 - 14:30 Pilates (I)
18:30 - 20:00 Yoga

Gym Floor
18:30 - 19:30 FiTrain

Pool
11:45 - 12:15 Aqua Aerobics

Friday

Studio 1
06:15 - 06:45 Virtual GRIT™
09:30 - 10:30 BODYCOMBAT™
10:30 - 11:00 Metafit
11:00 - 11:30 Virtual CXWORX™
12:00 - 13:00 Virtual BODYBALANCE™
13:15 - 14:15 Virtual BODYBALANCE™
17:00 - 17:30 Virtual BODYCOMBAT™
18:30 - 19:15 BLT

Cycling Studio
06:15 - 06:45 Virtual RPM™
07:00 - 07:30 Group Cycling
09:30 - 10:30 RPM™
13:00 - 13:30 Virtual RPM™
17:00 - 17:45 B:Matched
18:15 - 18:45 Group Cycling
18:45 - 19:45 Virtual RPM™
20:00 - 20:30 Virtual RPM™

Speedflex
06:15 - 06:45 Speedflex 30
12:00 - 12:30 Speedflex 30
17:45 - 18:15 Speedflex 30

Mind & Body
09:30 - 10:30 Tai Chi (I)
10:30 - 12:00 Yoga
13:00 - 14:00 Pilates (I)
14:00 - 15:00 Pilates (B)

Gym Floor
07:30 - 08:00 B:Conditioned

Pool
12:45 - 13:15 Aqua Aerobics

Saturday

Studio 1
07:15 - 07:45 Virtual BODYPUMP™
08:00 - 08:30 Metafit
08:30 - 09:00 Virtual CXWORX™
10:15 - 11:00 BODYCOMBAT™
11:15 - 12:15 BODYPUMP™
16:00 - 17:00 Virtual BODYPUMP™
17:15 - 17:45 Virtual GRIT™
18:00 - 19:00 Virtual BODYCOMBAT™
19:15 - 19:45 Virtual CXWORX™

Cycling Studio
07:15 - 07:45 Virtual RPM™
08:00 - 08:30 Virtual RPM™
09:00 - 10:00 RPM™
13:15 - 14:15 Virtual RPM™
18:15 - 18:45 Virtual RPM™

Speedflex
08:00 - 08:45 Speedflex 45
17:35 - 18:05 Speedflex 30

Mind & Body
08:30 - 09:15 Pilates (I)
09:15 - 10:00 Pilates (I)
10:00 - 10:45 Barre Concept

Gym Floor
07:15 - 07:45 B:Conditioned

Pool
10:15 - 11:00 Aqua Aerobics

Sunday

Studio 1
07:45 - 08:15 Circuits
08:45 - 09:15 Virtual GRIT™
09:30 - 10:30 BODYATTACK™
10:45 - 11:30 BODYPUMP™
11:45 - 12:45 Virtual BODYCOMBAT™
17:45 - 18:15 Virtual CXWORX™
19:15 - 20:00 Circuits

Cycling Studio
07:30 - 08:00 Virtual RPM™
11:35 - 12:05 Group Cycling
17:00 - 18:00 Virtual RPM™
19:00 - 20:00 Virtual RPM™

Speedflex
08:30 - 09:15 Speedflex 45
18:00 - 18:30 Speedflex 30

Mind & Body
10:00 - 11:30 Yoga
18:30 - 20:00 Yoga

Gym Floor
13:30 - 14:00 B:Corefit
18:30 - 19:00 B:Conditioned

Pool
09:30 - 10:15 Aqua Aerobics

Pilates (B) = Beginner (I) = Intermediate



Wellness Bundles. Supporting your member journey.

