

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Studio</b>	<b>Studio</b>	<b>Studio</b>	<b>Studio</b>	<b>Studio</b>	<b>Studio</b>	<b>Studio</b>
06:45 - 07:15 <b>B:Corefit</b>	06:45 - 07:30 <b>Group Cycle</b>	06:45 - 07:30 <b>Circuits</b>	06:45 - 07:15 <b>Metafit</b>	06:45 - 07:30 <b>BoxFit</b>	09:15 - 10:15 <b>BODYPUMP™</b>	09:30 - 10:30 <b>BODYPUMP™</b>
09:15 - 10:00 <b>Circuit</b>	09:15 - 10:00 <b>B:Conditioned</b>	09:15 - 10:00 <b>Group Cycling</b>	09:00 - 09:30 <b>B:Corefit</b>	09:00 - 09:30 <b>B:Conditioned</b>	10:30 - 11:30 <b>Pilates</b>	10:30 - 11:15 <b>Group Cycle</b>
10:00 - 11:00 <b>BODYPUMP™</b>	10:00 - 11:00 <b>Hi-Lo</b>	10:15 - 11:15 <b>BODYPUMP™</b>	10:00 - 11:00 <b>Zumba</b>	09:45 - 10:30 <b>Group Cycling</b>	11:30 - 12:15 <b>Group Cycle</b>	11:15 - 12:00 <b>LBT</b>
11:15 - 12:00 <b>LBT</b>	11:00 - 12:00 <b>Yoga</b>	11:30 - 12:30 <b>Pilates</b>	11:00 - 12:00 <b>Pilates</b>	10:30 - 11:15 <b>LBT</b>	12:45 - 13:45 <b>BODYCOMBAT™</b>	12:30 - 13:15 <b>B:Matched</b>
12:30 - 13:15 <b>B:Matched</b>	17:15 - 17:45 <b>Metafit</b>	14:00 - 14:30 <b>Circuits</b>	12:30 - 13:15 <b>B:Matched</b>	11:15 - 12:15 <b>Yoga</b>	13:45 - 14:30 <b>BoxFit</b>	14:00 - 14:30 <b>Metafit</b>
17:45 - 18:30 <b>BODYBALANCE™</b>	18:00 - 19:00 <b>Studio Unavailable</b>	18:00 - 18:30 <b>B:Conditioned</b>	18:00 - 18:45 <b>HIIT</b>	18:15 - 19:00 <b>BODYATTACK™</b>	15:00 - 15:45 <b>B:Conditioned</b>	17:00 - 18:00 <b>Yoga</b>
18:30 - 19:15 <b>BODYATTACK™</b>	19:00 - 20:00 <b>BODYPUMP™</b>	18:30 - 19:15 <b>Step &amp; Tone</b>	18:45 - 19:15 <b>B:Corefit</b>	19:00 - 20:00 <b>BODYPUMP™</b>	<b>Pool</b>	<b>Pool</b>
19:15 - 20:00 <b>Group Cycle</b>	20:05 - 21:05 <b>Pilates</b>	19:15 - 20:00 <b>BODYATTACK™</b>	19:15 - 20:00 <b>BODYCOMBAT™</b>	20:05 - 21:05 <b>BODYBALANCE™</b>		
20:05 - 21:05 <b>Yoga</b>		20:00 - 21:00 <b>Zumba</b>	20:05 - 21:05 <b>Yoga</b>		10:30 - 11:15 <b>Aqua Aerobics</b>	10:00 - 11:00 <b>Aqua Aerobics</b>
<b>Pool</b>	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>		11:00 - 12:00 <b>Aqua Aerobics</b>
09:45 - 10:30 <b>Aqua Zumba</b>	18:30 - 19:15 <b>Aqua Aerobics</b>	09:30 - 10:15 <b>Aqua Aerobics</b>	18:30 - 19:15 <b>Aqua Aerobics</b>	09:30 - 10:15 <b>Aqua Aerobics</b>		



**Wellness Bundles. Supporting your member journey.**