

**Monday**

**Studio 1**

06:30 - 07:00 LES MILLS Virtual CXWORX™  
09:30 - 10:30 BODYCOMBAT™  
10:30 - 11:30 Young at Heart  
18:00 - 19:00 BODYATTACK™  
19:00 - 20:00 BODYCOMBAT™

**Studio 2**

09:15 - 10:00 Stretch  
10:30 - 11:30 BODYBALANCE™  
12:00 - 13:00 Pilates  
13:00 - 14:00 Pilates  
14:00 - 15:00 PulseRoll  
17:45 - 18:45 Yoga  
19:00 - 20:00 Pilates

**Cycling Studio**

07:00 - 07:30 RPM™  
17:00 - 17:45 Virtual RPM™  
18:15 - 19:00 Group Cycling

**Pool**

19:15 - 19:45 Aqua Aerobics

**Gym**

10:30 - 11:00 B:CoreFit  
11:00 - 11:30 B:Conditioned  
13:30 - 14:30 The Weekly Weigh In

**Tuesday**

**Studio 1**

06:30 - 07:30 LES MILLS Virtual BODYCOMBAT™  
09:30 - 10:15 CrossHiit  
10:30 - 11:15 SHBAM™  
11:30 - 12:30 LES MILLS Virtual BODYPUMP™  
12:30 - 13:00 LES MILLS VIRTUAL CXWORX™  
15:00 - 16:00 LES MILLS VIRTUAL BODYCOMBAT™  
18:00 - 18:45 BootyBarre  
19:00 - 20:00 BODYPUMP™

**Studio 2**

07:30 - 08:30 Tai Chi  
09:15 - 10:00 Stretch  
10:00 - 11:00 Yoga  
11:00 - 12:00 Yoga  
12:30 - 13:30 Pilates  
18:15 - 19:15 Yoga  
19:15 - 20:15 Yoga (I)

**Cycling Studio**

10:15 - 10:45 Group Cycling  
12:00 - 12:30 LES MILLS RPM™  
18:00 - 18:45 RPM™

**Pool**

11:30 - 12:15 Aqua Aerobics

**Wednesday**

**Studio 1**

06:30 - 07:00 LES MILLS Virtual CXWORX™  
09:15 - 10:00 BODYCOMBAT™  
10:00 - 10:30 Step  
10:30 - 11:30 Young at Heart  
11:30 - 12:30 Sculpt  
13:30 - 14:30 LES MILLS Virtual BODYPUMP™  
18:15 - 19:00 CrossHiit  
19:00 - 20:00 BODYPUMP™

**Studio 2**

08:00 - 09:00 Yoga  
09:15 - 10:00 Stretch  
10:30 - 11:30 Pilates (I)  
11:30 - 12:30 Pilates  
19:00 - 20:00 PulseRoll

**Cycling Studio**

10:00 - 10:45 Group Cycling  
18:15 - 19:00 Group Cycling

**Gym**

10:30 - 11:00 B:CoreFit  
11:00 - 11:30 B:Conditioned

**Thursday**

**Studio 1**

09:30 - 10:30 BODYPUMP™  
10:30 - 11:30 Dancercise  
12:45 - 13:45 LES MILLS Virtual BODYCOMBAT™  
17:15 - 17:45 Circuits  
18:00 - 19:00 BODYPUMP™  
19:00 - 20:00 SHBAM™

**Studio 2**

08:30 - 09:30 Yoga  
09:30 - 10:30 Yoga  
11:30 - 12:30 Pilates  
18:00 - 19:00 Pilates

**Cycling Studio**

15:00 - 15:45 LES MILLS Virtual RPM™  
18:15 - 19:00 Group Cycling  
19:15 - 20:00 Group Cycling

**Pool**

12:45 - 13:30 Aqua Aerobics

**Gym**

10:00 - 10:30 B:CoreFit  
10:30 - 11:00 B:Conditioned

**Friday**

**Studio 1**

09:15 - 10:00 Circuits  
10:00 - 11:00 BODYBALANCE™  
11:00 - 12:00 Sculpt  
12:15 - 13:15 LES MILLS Virtual BODYPUMP™  
17:00 - 17:30 LES MILLS Virtual CXWORX™  
17:45 - 18:30 BODYCOMBAT™

**Studio 2**

07:30 - 08:30 Ci Kung (Qi Gong)  
09:15 - 10:00 Stretch  
10:00 - 11:00 Stretch  
11:15 - 12:15 Pilates

**Cycling Studio**

10:00 - 10:30 Group Cycling  
12:00 - 12:30 LES MILLS Virtual RPM™  
17:45 - 18:15 LES MILLS Virtual RPM™

**Pool**

11:15 - 12:00 Aqua Aerobics

**Gym**

10:30 - 11:00 B:Strong  
18:45 - 19:15 B:CoreFit

**Saturday**

**Studio 1**

08:30 - 09:15 CrossHiit  
09:30 - 10:30 BODYPUMP™  
10:30 - 11:30 BODYCOMBAT™  
11:30 - 12:30 SHBAM™  
16:30 - 17:30 Karate

**Cycling Studio**

08:30 - 09:15 Group Cycling

**Gym**

11:30 - 12:00 B:CoreFit  
13:00 - 13:30 B:Conditioned  
13:30 - 14:00 B:Strong

**Sunday**

**Studio 1**

09:30 - 10:30 Sculpt

**Studio 2**

09:30 - 10:30 Yoga

**Cycling Studio**

10:30 - 11:30 Group Cycling

**Gym**

14:00 - 14:30 B:CoreFit  
14:30 - 15:00 B:Strong

