

**Monday**

**Studio 1**

06:30 - 07:15 **Boot Camp**  
09:15 - 10:00 **LBT**  
10:00 - 10:45 **BODYATTACK™**  
10:50 - 11:50 **BODYPUMP™**  
12:00 - 12:30 **Stretch & Tone**  
18:00 - 18:45 **LBT**  
18:50 - 19:30 **BODYCOMBAT™**

**Studio 2**

09:00 - 09:45 **Beginners Pilates**  
09:45 - 10:30 **Yoga**  
10:30 - 11:30 **Pilates**  
18:00 - 19:00 **Swiss Ball**  
19:15 - 21:00 **Iyengar Yoga**

**Cycle Studio**

06:45 - 07:30 **Group Cycling**  
18:00 - 18:45 **Group Cycling**

**Gym**

09:00 - 09:30 **B:Conditioned**  
09:30 - 10:00 **B:Corefit**  
18:00 - 18:30 **B:Conditioned**  
18:30 - 19:00 **B:Strong**

**Pool**

10:45 - 11:30 **Aqua Aerobics**  
12:00 - 12:45 **Aqua Aerobics**

**Tuesday**

**Studio 1**

06:30 - 07:15 **Circuits**  
09:15 - 10:15 **BODYCOMBAT™**  
10:15 - 11:15 **BODYPUMP™**  
11:15 - 12:00 **Low Impact Aerobics**  
12:30 - 13:15 **Zumba Gold**  
17:45 - 18:30 **B:BoxHiit**  
18:45 - 19:45 **BODYPUMP™**  
19:45 - 20:30 **Zumba**

**Studio 2**

06:30 - 07:30 **Yoga**  
09:00 - 09:45 **Beginners Pilates**  
10:00 - 11:00 **Pilates**  
11:15 - 12:15 **BODYBALANCE™**  
13:00 - 14:45 **Beginners Iyengar Yoga**  
19:00 - 20:00 **Beginners Pilates**

**Cycle Studio**

09:30 - 10:15 **RPM™**  
18:30 - 19:30 **Power Spin**

**Gym**

10:00 - 10:30 **B:Corefit**  
18:00 - 18:30 **B:Conditioned**

**Pool**

11:30 - 12:15 **Aqua Aerobics**

**Wednesday**

**Studio 1**

06:30 - 07:15 **Circuits**  
09:00 - 10:00 **Zumba**  
10:00 - 10:45 **LBT**  
10:45 - 11:30 **Zumba Gold**  
11:30 - 12:15 **Groove FX**  
18:00 - 19:00 **BODYCOMBAT™**  
19:15 - 20:00 **Boot Camp**

**Studio 2**

09:00 - 09:45 **Pilates**  
09:45 - 10:30 **Yoga**  
10:45 - 11:45 **Beginners Pilates**  
12:00 - 13:15 **Tai Chi**  
13:15 - 14:15 **Beginners Tai Chi**  
18:00 - 18:30 **Pure Abs**  
19:15 - 20:15 **Hatha Yoga**

**Cycle Studio**

09:30 - 10:15 **Group Cycling**  
17:45 - 18:30 **RPM™**

**Gym**

09:00 - 09:30 **B:Conditioned**  
18:30 - 19:00 **B:Strong**

**Pool**

10:45 - 11:30 **Aqua Aerobics**

**Thursday**

**Studio 1**

06:30 - 07:15 **Bootcamp**  
09:00 - 09:45 **Kettlebells**  
10:00 - 10:45 **Zumba**  
11:00 - 12:00 **BODYBALANCE™**  
18:00 - 19:00 **BODYPUMP™**  
19:15 - 20:00 **B:45**

**Studio 2**

08:30 - 09:30 **Qi Gong**  
09:45 - 10:45 **Pilates**  
11:00 - 12:45 **Beginners Iyengar Yoga**  
13:15 - 15:00 **Iyengar Yoga**  
18:00 - 19:00 **BODYBALANCE™**  
19:00 - 20:00 **Pilates**

**Cycle Studio**

09:30 - 10:30 **Group Cycle & Abs**  
18:00 - 18:45 **Group Cycle**

**Gym**

17:00 - 17:30 **B:Conditioned**  
17:30 - 18:00 **B:Corefit**

**Pool**

10:45 - 11:30 **Aqua Aerobics**  
18:00 - 18:45 **Aqua Aerobics**

**Friday**

**Studio 1**

09:15 - 10:15 **Aerobics**  
10:15 - 11:05 **BODYPUMP™**  
11:05 - 11:50 **Zumba**  
18:00 - 19:00 **BODYBALANCE™**

**Studio 2**

09:00 - 10:00 **Chi Ball**  
10:15 - 11:15 **Hatha Yoga**  
11:30 - 12:30 **Yoga**

**Cycle Studio**

06:45 - 07:30 **Group Cycling**  
09:30 - 10:15 **Group Cycling**  
18:00 - 18:45 **B:Matched**

**Gym**

07:00 - 07:30 **B:Conditioned**  
10:30 - 11:00 **B:Conditioned**  
19:00 - 19:30 **B:Corefit**

**Pool**

10:30 - 11:15 **Aqua Aerobics**  
12:00 - 12:45 **Aqua Aerobics**

**Saturday**

**Studio 1**

08:00 - 08:45 **B.Boxhiit**  
09:00 - 10:00 **Aerobics**  
10:15 - 11:15 **BODYPUMP™**

**Studio 2**

09:00 - 10:45 **Iyengar Yoga**

**Cycle Studio**

09:00 - 09:45 **Group Cycling**

**Gym**

10:00 - 10:30 **B:Conditioned**  
10:30 - 11:00 **B:Strong**

**Pool**

10:15 - 11:00 **Aqua Aerobics**

**Sunday**

**Studio 1**

09:30 - 10:15 **LBT**  
10:15 - 11:15 **BODYPUMP™**

**Studio 2**

10:30 - 11:30 **Fitness Yoga**

**Cycle Studio**

09:00 - 09:45 **Group Cycling**

**Gym**

08:15 - 08:45 **B:Conditioned**  
10:00 - 10:30 **B:Corefit**

