

## Monday

### Studio 1:

06:15 - 06:45 Virtual BODYCOMBAT™  
 07:00 - 07:45 Virtual BODYPUMP™  
 09:30 - 10:30 BODYATTACK™  
 11:00 - 12:00 BODYPUMP™  
 13:00 - 13:45 Virtual Sh'bam™  
 14:00 - 14:30 Virtual Les Mills Core™  
 15:15 - 16:45 Tai Chi  
 18:45 - 19:30 Step  
 19:45 - 20:30 Latin Dancercise

### Spin Studio:

06:15 - 06:45 Express RPM™  
 07:00 - 07:45 Virtual RPM™  
 09:30 - 10:15 Virtual RPM™  
 11:00 - 11:45 Virtual RPM™  
 12:30 - 13:00 Virtual SPRINT™  
 13:30 - 14:15 Virtual RPM™  
 18:45 - 19:15 Express Spin  
 20:00 - 20:30 Virtual RPM™

### Speedflex:

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

### Mind & Body:

11:00 - 12:30 Yoga  
 18:30 - 20:00 Yoga

## Tuesday

### Studio 1:

06:30 - 07:00 Strength & Core conditioning  
 07:15 - 08:15 Virtual BODYPUMP™  
 08:30 - 09:00 Virtual Les Mills Core™  
 09:30 - 10:30 Latin Dancercise  
 11:00 - 12:00 Young at Heart  
 12:45 - 13:45 Tai Chi  
 14:00 - 15:00 Virtual BODYCOMBAT™  
 17:30 - 18:15 Express BODYPUMP™  
 18:45 - 19:30 Express BODYCOMBAT™

### Spin Studio:

06:15 - 07:00 Virtual RPM™  
 07:15 - 07:45 Virtual RPM™  
 09:30 - 10:15 Classic Spin  
 11:00 - 11:45 Virtual RPM™  
 12:30 - 13:15 Virtual RPM™  
 13:30 - 14:15 Virtual RPM™  
 15:00 - 15:30 Virtual SPRINT™  
 18:00 - 18:30 Virtual RPM™  
 19:00 - 20:00 RPM™

### Speedflex:

07:30 - 08:00 Speedflex  
 12:30 - 13:00 Speedflex

### Mind & Body:

11:00 - 12:00 Pilates (I)  
 12:30 - 13:30 Pilates (B)  
 14:00 - 15:00 Pilates (B)  
 18:00 - 19:00 Pilates (I)

### Pool:

11:00 - 11:30 Aqua

## Wednesday

### Studio 1:

06:15 - 07:15 Virtual BODYPUMP™  
 07:30 - 08:00 Virtual Grit Cardio™  
 08:30 - 09:30 Virtual BODYCOMBAT™  
 10:00 - 10:45 Bums, Legs & Tums  
 12:30 - 13:30 Virtual BODYBALANCE™  
 14:00 - 15:00 Virtual BODYPUMP™  
 18:00 - 19:00 BODY ATTACK™  
 19:30 - 20:00 BODYPUMP™

### Spin Studio

06:15 - 06:45 Virtual RPM™  
 07:00 - 07:30 Express Spin  
 08:00 - 08:45 Virtual RPM™  
 10:30 - 11:00 Virtual RPM™  
 11:30 - 12:00 Virtual RPM™  
 12:30 - 13:30 Virtual RPM™  
 14:00 - 14:45 Virtual RPM™  
 15:00 - 15:30 Virtual RPM™  
 18:30 - 19:00 Express Spin

### Speedflex:

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

### Mind & Body:

10:00 - 11:30 Yoga  
 18:30 - 19:30 Pilates (B/I)

### Pool:

11:30 - 12:00 Aqua

## Thursday

### Studio 1:

06:15 - 06:45 Virtual BODYCOMBAT™  
 07:15 - 07:45 Strength & Core Conditioning  
 08:00 - 09:00 Virtual BODYPUMP™  
 09:15 - 10:00 Bodytone  
 10:30 - 11:30 Young at Heart  
 12:00 - 13:00 Zumba  
 13:30 - 14:15 Virtual Sh'bam™  
 14:30 - 15:30 Virtual BODYBALANCE™  
 18:00 - 18:45 Express BODYPUMP™  
 19:15 - 20:00 Express BODYCOMBAT™

### Mezzanine:

06:15 - 06:45 B Strong

### Spin Studio:

06:15 - 06:45 Virtual RPM™  
 07:15 - 07:45 Virtual RPM™  
 08:00 - 08:45 Virtual RPM™  
 09:00 - 10:00 Virtual RPM™  
 11:00 - 11:45 Virtual RPM™  
 13:30 - 14:00 Virtual SPRINT™  
 15:00 - 15:30 Virtual RPM™  
 16:00 - 16:45 Virtual RPM™  
 19:00 - 19:45 Classic Spin

### Speedflex:

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

### Mind & Body:

10:30 - 12:00 Yoga  
 12:30 - 13:30 Pilates (I)  
 14:00 - 15:00 Pilates (I)  
 18:30 - 20:00 Yoga

### Pool:

12:30 - 13:00 Aqua

## Friday

### Studio 1:

06:15 - 06:45 Virtual BODYCOMBAT™  
 07:00 - 08:00 Virtual BODYPUMP™  
 08:15 - 09:15 Virtual BODYPUMP™  
 11:00 - 11:30 B Fiit  
 12:00 - 13:00 Virtual BODYBALANCE™  
 18:00 - 19:00 Virtual BODYCOMBAT™  
 19:30 - 20:00 Virtual Les Mills CORE™

### Mezzanine:

11:15 - 12:15 B Strong

### Spin Studio:

06:15 - 06:45 Virtual RPM™  
 07:15 - 07:45 Express Spin  
 08:00 - 08:45 Virtual RPM™  
 09:30 - 10:30 RPM™  
 11:00 - 11:45 Virtual RPM™  
 12:30 - 13:15 Virtual RPM™  
 15:00 - 15:30 Virtual RPM™  
 18:30 - 19:00 Express Spin  
 20:00 - 20:30 Virtual RPM™

### Speedflex:

06:15 - 06:45 Speedflex  
 12:30 - 13:00 Speedflex  
 17:30 - 18:00 Speedflex

### Mind & Body:

09:30 - 10:30 Tai Chi(I)  
 11:00 - 12:30 Yoga  
 13:00 - 14:00 Pilates (I)

## Saturday

### Studio 1:

07:15 - 07:45 Virtual BODYPUMP™  
 08:00 - 08:30 Virtual Grit Cardio™  
 09:00 - 10:00 Virtual BODYCOMBAT™  
 10:15 - 11:15 BODYCOMBAT™  
 11:30 - 12:30 BODYPUMP™  
 17:30 - 18:00 Strength & Core Conditioning  
 18:30 - 19:30 Virtual BODYCOMBAT™

### Spin Studio:

07:15 - 07:45 Virtual RPM™  
 08:00 - 08:30 Virtual RPM™  
 09:00 - 09:45 RPM™  
 11:00 - 11:45 Virtual RPM™  
 13:30 - 14:00 Virtual SPRINT™  
 15:00 - 15:30 Virtual RPM™  
 18:00 - 19:00 Virtual RPM™

### Speedflex:

08:00 - 08:30 Speedflex

### Mind & Body:

08:30 - 09:15 Pilates (I)  
 09:30 - 10:00 Barre Pilates  
 10:15 - 11:00 Pilates (B/I)

## Sunday

### Studio 1:

07:15 - 08:15 Virtual BODYPUMP™  
 08:30 - 09:00 Virtual Grit Plyo  
 09:30 - 10:30 BODY ATTACK™  
 11:00 - 12:00 BODYPUMP™  
 12:30 - 13:30 Virtual BODYCOMBAT™  
 14:00 - 15:00 Virtual BODYBALANCE™  
 16:00 - 16:30 Virtual Les Mills Core™  
 17:30 - 18:00 B Fiit

### Spin Studio:

07:15 - 07:45 Express Spin  
 08:00 - 08:30 Virtual SPRINT™  
 11:00 - 11:45 Virtual RPM™  
 12:30 - 13:00 Express Spin  
 15:00 - 15:30 Virtual RPM™  
 17:00 - 18:00 Virtual RPM™

### Speedflex:

08:30 - 09:00 Speedflex

### Mind & Body:

10:00 - 11:30 Yoga  
 18:00 - 19:30 Yoga

### Pool:

12:30 - 13:00 Aqua