

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.30-07.30	Virtual: Body Pump (Studio 2)	6.30-7.30	Virtual: Body Pump (Studio 2)	6.30-7.30	Virtual: Body Combat (Studio 2)	6.30-7.30	Virtual: Body Combat (Studio 2)	6.30-7.30	Virtual: Body Pump (Studio 2)	8.30 - 9.15	Spin (Spin Studio)	8.30-9.30	Virtual: Body Pump (Studio 2)
06.45-07.15	Stretch & Tone (Studio 1)	6.45-7.15	Circuits Blast (Studio 1)	7.45-8.45	Virtual: Body Pump (Studio 2)	7.00-7.45	Synergy Express (Gym Floor)	6.45-7.30	Circuits Blast (GYM FLOOR)	8.30-9.30	Virtual: Body Combat (Studio 2)	9.30-10.30	Synergy Express (Gym Floor)
07.30-08.00	Synergy Express (Gym Floor)	7.30-8.00	Synergy Express (Gym floor)	9.30-10.30	Body Pump (Studio 2)	9.30-10.15	Circuits & Abs (Gym Floor)	9.15-9.45	Virtual: Body Combat (Studio 2)	8.30-9.00	HIIT (Studio 1)	10.00-11.00	Body Jam (Studio 1)
08.00-08.30	HIIT (Studio 2)	9.30-10.00	Virtual: Body Balance (Studio 2)	10.15-10.45	Leg & Glute Tabata (Studio 1)	11.00-12.00	Pilates (Studio 1)	9.30-10.15	Spin (Spin Studio)	9.15-10.00	Aqua (Swimming Pool)	10.30-11.30	Pilates (Studio 2)
9.15-9.45	Virtual: Body Balance (Studio 2)	10.00-10.45	Aqua (Swimming Pool)	10.30-11.30	Pilates (Studio 1)	11.00-12.00	Virtual: Body Pump (Studio 2)	10.00-11.00	Stretch & Tone (Studio 1)	9.30 - 10.30	BODY PUMP (Studio 2)	11.30-12.15	Spin (Spin Studio)
10.00-10.45	Aqua (Swimming Pool)	11.00-11.30	HIIT (Studio 1)	12.30-13.15	Senior Circuits with Tea/Coffee in Lobby (Studio 1)	12.15-13.00	Aqua (Swimming Pool)	10.15-10.45	Synergy Express (Gym Floor)	10.15-11.15	Stepersice (Studio 1)	12.00-13.00	Virtual: Body Pump (Studio 2)
10.00-11.00	Zumba (Studio 1)	11.00-12.00	Yoga (Studio 2)	13.00-13.45	Virtual: Body Combat (Studio 2)	13.30-14.30	Virtual: CXWORX (Studio 2)	10.30-11.30	Virtual: Body Pump (Studio 2)	10.30-11.30	Zumba (Studio 2)	12.30-13.00	Aqua (Swimming Pool)
11.00-11.45	Synergy Express (Gym Floor)	12.30-13.00	Senior Circuits (Studio 1)	14.30-15.30	Virtual: Body Balance (Studio 2)	14.45-15.15	Virtual: Body Balance (Studio 2)	11.30-12.30	Virtual: Body Combat (Studio 2)	11.45-12.30	Stretch and tone (Studio 2)	13.30-14.00	Virtual: Body Balance (Studio 2)
11.00-12.00	Yoga (Studio 2)	14.00-14.30	Virtual: Body Combat (Studio 2)	16.00-16.45	Virtual: Body Pump (Studio 2)	16.30-17.00	Synergy Express (Gym Floor)	11.30-12.15	Aqua (Swimming Pool)	12.30-13.30	Kettleworks (Studio 2)	14.15-14.45	Virtual: Body Combat (Studio 2)
12.30-13.30	Virtual: CXWORX (Studio 2)	14.40-15.40	Virtual: Body Balance (Studio 2)	17.15-17.45	HIIT (Studio 2)	17.15-17.45	HIIT (Studio 2)	13.00-13.30	Virtual: Body Combat (Studio 2)	14.00 - 14.30	Aqua (Swimming Pool)	15.00-16.00	Virtual: CXWORX (Studio 2)
13.45-14.15	Virtual: Sh'bam (Studio 2)	17.00-17.45	Spin (Spin Studio)	18.00-18.45	Kettleworks (Studio 1)	18.00-19.00	Bar Complex (Studio 2)	13.00-13.30	Circuits (Gym Floor)	14.00-14.30	Synergy Express (Gym Floor)	16.15-17.15	Virtual: Body Balance (Studio 2)
14.30-15.00	Virtual: Body Combat (Studio 2)	17.30-18.15	Body Blast (Studio 2)	17.45-18.45	Zumba (Studio 2)	18.00-18.45	Spin (Spin Studio)	14.00-15.00	Virtual: Body Balance (Studio 2)	14.30-15.30	Zumba (Studio 2)	17.30-18.00	Virtual: Body Combat (Studio 2)
15.45-16.45	Virtual: Body Pump (Studio 2)	18.00-18.30	Fab Abs (Studio 1)	19.00-20.00	Pilates (Studio 1)	18.00-18.45	Aqua (Swimming Pool)	15.00-15.45	Synergy Express (Gym Floor)	14.45-15.30	Stepersice (Studio 1)	18.15-19.15	Virtual: SH'BAM (Studio 2)
17.15-17.45	HIIT (Studio 2)	18.30-19.30	Circuits (Studio 1)			19.00-20.00	Yoga Ashtanga (Studio 2)	15.30-16.00	Virtual: CXWORX (Studio 2)	16.15-17.15	Virtual: Body Pump (Studio 2)	19.30-20.30	Virtual: CXWORX (Studio 2)
18.30-19.30	Body Combat (Studio 2)	19.30-20.30	Stepersice (Studio 1)			19.30-20.00	HIIT (Studio 1)	17.00-17.30	HIIT (Studio 2)	17.30-18.00	Virtual: CXWORX (Studio 2)		
18.30-19.15	Spin (Spin Studio)							17.30-18.30	Body Pump (Studio 1)	18.15-19.15	Virtual: Body Combat (Studio 2)		
19.30-20.30	Yoga (Studio 1)							18.30-19.00	Synergy Express (Gym Floor)				
19.45-20.45	Body Jam (Studio 2)							18.45-19.30	Body Combat (Studio 2)				
21.00 -22.00	Virtual: Body Balance (Studio 2)							18.30-19.30	Stepersice (Studio 1)				
								19.30-20.00	HIIT (Studio 2)				

Virtual
Spin
Holistic
Dance
High Impact
Swimming

