

FD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	RPM 06.10-06.40 Virtual	CXWORX™ 06:05 - 06.35 Virtual	BODYPUMP™ 06.05-06.35 Virtual	CXWORX™ 06:05 - 06.35 Virtual	RPM 06.10-06.40 Virtual		
	CXWORX™ 06:40 - 07.10 Virtual	BODYPUMP™ 06.40-07.10 Virtual	CXWORX™ 06:40 - 07.10 Virtual	HIIT 06:40 - 07.10 Virtual	BODYPUMP™ 06.40-07.10 Virtual		
	BIKE- Sprint 07:30 - 08:15 Francesca	BODYCOMBAT™ 07:30 - 08:15 Lorena	YOGA 07:30 - 08:30 Monica	BIKE-Sprint 07:30 - 08:15 Ryan	BODYPUMP™ 07:30-08:30 Edgar	BODYPUMP™ 08.30-9.30 Virtual	
		SHABAM 08.35-09.10 Virtual			SHABAM 11:00-11:45 Virtual	CXWORX™ 09.45-10.15 Virtual	RPM 09.30-10.15 Virtual
		RPM 11.00-11.45 Virtual		YOGA 11.00-11.45 Virtual		INSANITY® 10.30-11.00 Virtual	ZUMBA 10.30-11.15 Virtual
LUNCH	BIKE- Beats 12:15 - 13:00 Joe L	BARRE 12:15 - 13:00 Sarah	BODYPUMP™ 12:15 - 13:00 Sue	BODYPUMP™ 12:15 - 13:00 Sarah	YOGA 12:15 - 13:15 Ghanda	RPM 12.00-12.30 Virtual	BARRE 11.30-12.00 Virtual
	YOGA 13.00-13.45 Joe L	DRILL: 13:00 - 13:45 Sarah	INSANITY® 13:00 - 13:45 Sue	PILATES 13:15 - 14:00 Ricky	BIKE-HIIT 13:15 - 14:00 Desmond	BODYCOMBAT™ 13.00-14.00 Virtual	HIIT 12.00-12.30 Virtual
	YOGA 14.15-15.00 Virtual	3:5:15 13.30-13.45 Fitness Team	PIYO 13.50-14.20 Virtual	3:5:15 13.30-13.45 Fitness Team	BARRE 14.15-14.45 Virtual	PIYO 14.00-14.30 Virtual	CXWORX™ 13.00-13.30 Virtual
	BODYPUMP™ 15.10-15.55 Virtual	BODYPUMP™ 14.00-14.30 Virtual	RPM 15.00-15.30 Virtual	SHABAM 14:10-14:50 Virtual		BODY BALANCE 15.00-16.00 Virtual	BODYPUMP™ 14.00-14.30 Virtual
				CXWORX™ 15.00-15.30 Virtual			
EVENING	3:5:15 17:30 - 17:45 Fitness Team	INSANITY® 17:45 - 18:15 Virtual	3:5:15 17:30 - 17:45 Fitness Team	BODYPUMP™ 17:45 - 18:30 Matt D	3:5:15 17:30 - 17:45 Fitness Team		
	HIIT 17:45 - 18:30 Sarah	HIIT 18:15 - 19:00 Arnaud	BODYCOMBAT™ 17:45 - 18:30 Sue	BODYATTACK™ 18:30 - 19:15 Matt D			
	BARRE 18:30 - 19:30 Sarah	SALSA 19:00 - 20:00 Roger T	PILATES 18:30 - 19:15 Roger M	CXWORX™ 19:20-19.50 Virtual	YOGA 18:30 - 19:30 Alessandra		
	YOGA 19:30 - 20:30 Gandha		BIKE-Beats 19:15 - 20:00 Grace	SHABAM 19:55-20:25 Virtual			
			BARRE 20.00-20.30 Virtual				

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	BIKE
STRENGTH	COMBAT
DANCE	