

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	BODYCOMBAT™ 06:05 - 06:35 Virtual	CXWORX™ 06:05 - 06:35 Virtual	BODYPUMP™ 06:05 - 06:35 Virtual	PIYO 06:05 - 06:35 Virtual	CYCLE 06:05 - 06:35 Virtual	BODYPUMP™ 08:30 - 09:30 Virtual	EPIC RIDE 9.30-10.00 Virtual
	CXWORX™ 06:40 - 07:10 Virtual	BODYPUMP™ 06:40 - 07:10 Virtual	KILLER ABS 06:40 - 07:10 Virtual	HIIT TRAINING 06:40 - 07:10 Virtual	CXWORX™ 06:40 - 07:10 Virtual	CXWORX™ 09:45 - 10:15 Virtual	ZUMBA 10.15-10.45 Virtual
	HIIT-CYCLE 07:30 - 08:15 Ryan	BODYCOMBAT™ 07:30 - 08:15 Lorena	YOGA 07:30 - 08:30 Monica	SPINNING® 07:30 - 08:15 Amina	BODYPUMP™ 07:30-08:30 Edgar	INSANITY 10:30 - 11:15 Cilu	BARRE 11.00-11.30 Virtual
	BODYBALANCE™ 11:00 - 12:00 Virtual	SH'BAM™ 08:35 - 09:10 Virtual	INFERNO 08:40 - 09:10 Virtual	YOGA 11:00 - 11:45 Virtual	INFERNO 08:40 - 09:10 Virtual		
		BODYPUMP™ 11:00 - 12:00 Virtual	STEP 11:00 - 12:00 Virtual		SH'BAM™ 11:00 - 11:45 Virtual		
LUNCH	SPINNING® 12:15 - 13:00 Tank	BARRE 12:15 - 13:00 Sarah	BODYPUMP™ 12:15 - 13:00 Sue	BODYPUMP™ 12:15 - 13:00 Sarah	YOGA 12:15 - 13:15 Charlie	EPIC RIDE 12:15 - 12:45 Virtual	HIIT 12.00-12.30 Virtual
	LOW FU TAE BO 13:00 - 13:45 Noel	DRILL: 13:00 - 13:45 Sarah	INSANITY® 13:00 - 13:45 Sue	PILATES 13:15 - 14:00 James	HIIT-CYCLE 13:15 - 14:00 Desmond	BODYCOMBAT™ 13:00 - 14:00 Virtual	CXWORX™ 13.00-13.30 Virtual
	YOGA 14:15 - 15:00 Virtual	BODYPUMP™ 14:00 - 14:30 Virtual	PIYO 14:00 - 14:45 Virtual	SH'BAM™ 14:10 - 14:50 Virtual	BARRE 14:15 - 15:15 Virtual	PILOXING® 14:15 - 14:45 Virtual	BODYPUMP™ 14:00 - 14:30 Virtual
	BODYPUMP™ 15:10 - 15:55 Virtual	BODYCOMBAT™ 14:40 - 15:10 Virtual	CYCLE 15:00 - 15:30 Virtual	CXWORX™ 15:00 - 15:30 Virtual	INFERNO 15:20 - 15:50 Virtual	BODYBALANCE™ 15:00 - 16:00 Virtual	
	ZUMBA 15:30 - 16:00 Virtual						
EVENING	3:5:15 HIIT 17:30 - 17:45 Fitness Team	INSANITY® 17:45 - 18:15 Ellen	BODYCOMBAT 17:45 - 18:30 Sue	BODYPUMP™ 17:45 - 18:30 Matt D			
	HIIT 17:45 - 18:30 Sarah	HIIT 18:15 - 19:00 Arnaud	PILATES 18:30 - 19:15 Roger M	BODYATTACK™ 18:30 - 19:15 Matt D			
	BARRE 18:30 - 19:30 Sarah	SALSA 19:00 - 20:00 Roger T	HIIT-CYCLE 19:15 - 20:00 Desmond	SH'BAM™ 19:30 - 20:15 Virtual	YOGA 18:30 - 19:30 Lucia		
	YOGA 19:30 - 20:30 Gandha	BODYBALANCE™ 20:15 - 21:15 Virtual	BARRE 20:10 - 20:40 Virtual	BODYBALANCE™ 20:30 - 21:00 Virtual	BOXX 19:45 - 20:15 Virtual		

KEY

EXCLUSIVE SOHO	HIIT
HOLISTIC	CYCLE
STRENGTH	COMBAT
DANCE	