

MON	TUE	WED	THU	FRI	SAT	SUN
9:30am Virtual Cycle	6:00am Virtual Cycle	6:00am Cycle 45min	6:00am Pump 60min	6:00am Cycle 45min	9:00am Cycle 45min	9:00am Cycle 45min
9:30am Fitball 60min	6:15am Pump 45min	9:30am Balance 60min	9:30am Cycle 60min	9:30am Virtual Cycle	8:45am Pump 60min	9:00am Balance 60min
12:30pm Virtual Cycle	9:30am Pump 60min	12:30pm Virtual Cycle	12:30pm Virtual Cycle	9:30am Bodyweight 30min	10:00am Dance 60min	10:00am Pump 60min
5:30pm Zumba 60min	9.30am Virtual Cycle	5:30Pm Balance 60min	5:30pm Pump 60min	12:30pm Virtual Cycle	10:30am Virtual Cycle	10:30am Virtual Cycle
6:00pm Cycle 60min	12:30pm Virtual Cycle	6:00pm Virtual Cycle	6:00pm Cycle 45min	6:00pm Virtual Cycle	11:15am Balance 60min	
6:30pm Pump 60min	2:30pm LitePace 45min	6:30pm Pump 60min	6:30pm Dance 60min			

5:30pm Pump 60min
6:30pm Step 60min



TIMETABLE



MON
6:15AM | 9:30AM

TUE
6:15AM | 9:30AM | 6PM

WED
6:15AM

THU
9:30AM

FRI
6:15AM

SAT
8:45AM