

AMBITIONZ GROUP FITNESS

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	RPM	CORE	BODYPUMP	BODYSTEP	BODYBALANCE		
7:30am						CORE	
8:30am				PILATES		RPM	BODYPUMP
9:30am	CIRCUIT	CIRCUIT	CIRCUIT			PILATES	BODYSTEP
10:30am						ZUMBA	
4:30pm	BOOTCAMP	BOOTCAMP	PILATES	BOXING			
5:30pm	BODYBALANCE	ZUMBA	BODYSTEP	ZUMBA	BODYPUMP		
6:30pm		BODYPUMP	BODYBALANCE				

Virtual Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:45am		BODYPUMP		BODYPUMP			
5:00am	BODYPUMP		RPM		sprint	ONDEMAND	
5:45am	LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES						ONDEMAND
6:30am	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	BODYPUMP	
7:30am	BODYPUMP	DANCE	BODYPUMP	GRIT	STRENGTH	BODYCOMBAT	
8:30am	BODYCOMBAT	BODYPUMP	DANCE	LIVE CLASSES	BODYATTACK	LIVE CLASSES	LIVE CLASSES
9:30am	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	ONDEMAND	BODYPUMP	LIVE CLASSES
10:30am	BODYATTACK	BODYBALANCE	BODYPUMP	BODYPUMP	BODYBALANCE	LIVE CLASSES	ONDEMAND
11:30am	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	
3:00pm						BODYBALANCE	BODYBALANCE
3:30pm	BODYPUMP	sprint	BODYPUMP	BODYBALANCE			
4:00pm					GRIT	STRENGTH	
4:05pm						BODYPUMP	RPM
4:30pm	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	THE TRIP	
5:30pm	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	ONDEMAND	ONDEMAND
6:30pm	ONDEMAND	LIVE CLASSES	LIVE CLASSES	ONDEMAND	ONDEMAND		

Reminder: bring a towel & water bottle. Sanitize your equipment before & after use

30'	30 minute classes	55'	1 hour classes
45'	45 minute classes		

ONDEMAND are timeslots where there are no scheduled classes and you can select any of BodyPump, BodyBalance, BodyCombat, BodyAttack, Core, Dance, RPM, Sprint, The Trip or GRIT. Please ensure when selecting a class during **ONDEMAND** timeslots, you do not select a class that will interrupt a scheduled class

ONDEMAND is scheduled every day from 7pm to 4:45am, and 11:30am-3:20pm weekdays