

# AMBITIONZ GROUP FITNESS

## Live Classes

|        | MON     | TUES | WED     | THURS    | FRI                        | SAT  | SUN      |
|--------|---------|------|---------|----------|----------------------------|------|----------|
| 5:45am | RPM     | CORE | RPM     | BODYSTEP | BODYBALANCE<br>Flexibility |      |          |
| 7:30am |         |      |         |          |                            | CORE |          |
| 8:30am |         |      |         |          |                            | RPM  |          |
| 9:30am | CIRCUIT | HIIT | CIRCUIT | BOOTCAMP | STRENGTH &<br>CONDITIONING |      | BODYSTEP |

|        |             |       |                         |        |  |  |  |
|--------|-------------|-------|-------------------------|--------|--|--|--|
| 4:30pm | BOOTCAMP    | HIIT  | BODYBALANCE<br>Strength | BOXING |  |  |  |
| 5:30pm | BODYBALANCE | ZUMBA | BODYSTEP                | ZUMBA  |  |  |  |
| 6:30pm |             | HIIT  |                         |        |  |  |  |

## Virtual Classes

|         | MON          | TUES         | WED          | THURS        | FRI          | SAT          | SUN          |
|---------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 4:15am  | BODYPUMP     | RPM          | BODYPUMP     | BODYCOMBAT   | BODYPUMP     |              |              |
| 4:45am  |              | BODYPUMP     |              | BODYPUMP     |              | ONDEMAND     | ONDEMAND     |
| 5:00am  | BODYPUMP     |              | CORE         |              | RPM          |              |              |
| 5:45am  | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | BODYCOMBAT   |              |
| 6:30am  |              |              |              |              |              | BODYPUMP     | BODYPUMP     |
| 6:45am  | CORE         | BODYCOMBAT   | CORE         | BODYPUMP     | ONDEMAND     |              |              |
| 7:30am  |              | BODYPUMP     | BODYBALANCE  | CORE         | BODYCOMBAT   | LIVE CLASSES | RPM          |
| 8:30am  | BODYCOMBAT   | CORE         | SH'BAM       | BODYBALANCE  | ONDEMAND     | LIVE CLASSES | ONDEMAND     |
| 9:30am  | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | BODYBALANCE  | LIVE CLASSES |
| 10:40am | CORE         | BODYBALANCE  | BODYPUMP     | BODYPUMP     | CORE         |              |              |
| 11:30am | BODYBALANCE  |              |              |              | DANCE        | ONDEMAND     | ONDEMAND     |
| 12:00pm | ONDEMAND     | ONDEMAND     | ONDEMAND     | ONDEMAND     | ONDEMAND     |              |              |
| 2:00pm  |              |              |              |              |              | RPM          |              |
| 3:00pm  |              |              |              |              |              | BODYBALANCE  | BODYBALANCE  |
| 3:30pm  | BODYPUMP     | RPM          | BODYPUMP     | BODYBALANCE  |              |              |              |
| 4:00pm  |              |              |              |              | BODYPUMP     |              |              |
| 4:05pm  |              |              |              |              |              | BODYPUMP     | RPM          |
| 4:30pm  | ASSES        | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES |              |              |
| 5:30pm  | ASSES        | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | LIVE CLASSES | RPM          | BODYCOMBAT   |
| 6:30pm  |              | LIVE CLASSES | BODYBALANCE  |              |              |              |              |
| 7:00pm  | BODYPUMP     |              |              | ONDEMAND     | BODYPUMP     | BODYPUMP     | ONDEMAND     |

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



45 min class

ONDEMAND are timeslots where there are no scheduled classes and you can select any of Body Pump, Body Balance, Body Combat, Core, Sh'Bam/Les Mills Dance or RPM. Please ensure when selecting a class during ONDEMAND timeslots, you do not select a class which will interrupt a scheduled class



30 min class

Last updated Sept '24