

# Studio 1 January Timetable Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am							
7:30am							
8:30am	Whiteboard workout			Whiteboard workout			
9:30am							
10:00 AM							
5:30pm							
6:10pm							
6:30pm							

# Studio 2 Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30am							
5:30pm						Whiteboard workout	
6:00pm	Whiteboard workout	Whiteboard workout					
6:10pm		<b>HIIT</b>			Whiteboard workout		

## Virtual Classes

ALL VIRTUAL CLASSES ARE HELD IN STUDIO 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:15am						<b>ONDEMAND</b>	<b>ONDEMAND</b>
4:45am							
5:00am							
5:45am							
6:30am							
6:45am							
7:30am							
8:00am							
8:30am							
9:00am							
10:40am							
12:15pm	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>
2:00pm							<b>ONDEMAND</b>
3:00pm							
4:00pm							
4:45pm							
5:00pm							
7:00pm							

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

45 min class

Virtual On Demand from 8pm-4am daily  
and 12-2pm Monday-Friday, 12-3pm & 6pm onwards on Sundays.  
Virtual classes can be selected at any time during these times

30 min class