

Group Fitness Timetable

Studio 1

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	RPM	CORE	RPM	BODYSTEP	BODYBALANCE		
7:30am						CORE	
8:30am						RPM	
9:30am	CIRCUIT	HIIT	CIRCUIT	BOOTCAMP	STRENGTH & CONDITIONING		BODYSTEP
4:30pm				BOXING			
5:30pm	CORE	ZUMBA	YOGA	ZUMBA			
6:10pm	BODYBALANCE						

Studio 2

Live Classes

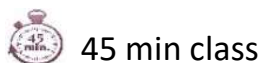
	MON	TUES	WED	THURS	FRI	SAT	SUN
4:30pm	BOOTCAMP	HIIT					
5:30pm	YOGA	HIIT					

Virtual Classes

ALL VIRTUAL CLASSES ARE HELD
IN STUDIO 1

	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		BODYBALANCE			
4:00pm			BODYPUMP		BODYPUMP		
4:15pm						BODYPUMP	RPM
4:30pm	RPM	CORE		LIVE CLASSES			
5:30pm	ONDEMAND	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	RPM	BODYCOMBAT
7:00pm	BODYPUMP	BODYBALANCE	ONDEMAND	ONDEMAND	BODYPUMP	BODYPUMP	ONDEMAND

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



45 min class

Virtual On Demand to commence from 8pm-4am daily and daily as marked
Virtual classes can be selected throughout these times no code required



30 min class

Last updated Jun '24