

MONDAY 23 RD 6AM-10PM	TUESDAY 24 TH 8AM-4PM	25 TH + 26 TH	FRIDAY 27 TH 8AM-9PM	SATURDAY 28 TH 8AM-9PM	SUNDAY 29 TH 8AM-9PM	MONDAY 30 TH 8AM-9PM	TUESDAY 31 ST 8AM-4PM
Studio Cycling 06:45-07:30 Cycling Studio	Studio Cycling 09:30-10:15 Cycling Studio	CLOSED	Circuits 09:00-09:45 Studio 2	Metabolic Blast 09:00-09:30 Studio 1	Les Mills Dance™ 09:00-09:45 Studio 2	Metabolic Blast 9:00-9:30 Studio 1	Studio Cycling 09:30-10:15 Cycling Studio
Metabolic Blast 09:00-09:30 TRX Cube	Body Step™ 09:30-10:30 Studio 2		BodyCombat 09:15-10:15 Studio 1	Studio Cycling 09:15-10:00 Cycling Studio	Yang Yoga 09:00-10:30 Studio 1	BodyCombat 09:30-10:30 Studio 2	Young At Heart 09:30-10:15 Studio 1
BodyCombat 09:30-10:30 Studio 2	Yoga 10:35-12:05 Studio 1		Aqua 10:15-10:45 Pool	Core Conditioning 10:15-10:45 TRX Cube	BodyPump™ 10:15-11:15 Studio 2	TRX Blast 10:00-10:30 TRX Cube	Body Step™ 09:30-10:30 Studio 2
TRX Blast 10:00-10:30 TRX Cube	BodyPump™ 10:45-11:45 Studio 2		Studio Cycling 10:30-11:15 Cycling Studio	BodyCombat 10:30-11:30 Studio 2	Blitzball 10:15-10:45 TRX Cube	Aqua 10:15-10:45 Pool	Yoga 10:35-12:05 Studio 1
Aqua 10:15-10:45 Pool	Tai Chi 12:20-13:50 Studio 1		BodyBalance™ 10:30-11:30 Studio 1	BodyBalance™ 10:30-11:30 Studio 1	Mindful Yoga 11:00-12:30 Studio 1	TRX Blast 10:30-11:00 TRX Cube	BodyPump™ 10:45-11:45 Studio 2
TRX Blast 10:30-11:00 TRX Cube	Aqua 13:15-13:45 Pool		Aqua 12:15-12:45 Pool	TRX Blast 11:00-11:30 TRX Cube	Aqua 11:15-11:45 Pool	BodyPump™ 10:45-11:45 Studio 2	Tai Chi 12:20-13:50 Studio 1
BodyPump™ 10:45-11:45 Studio 2			Yin Yoga 17:30-19:00 Studio 1	Aqua 12:15-12:45 Pool	BodyBalance™ 17:00-18:00 Studio 1	BLT 10:45-11:45 Studio 1	Aqua 13:15-13:45 Pool
Yoga Pilates 12:00-13:00 Studio 1			TRX Blast 18:00-18:30 TRX Cube			Circuits 12:15-12:45 Studio 2	
Circuits 12:15-12:45 Studio 2						Stretch + Flex 13:00-13:30 Stretch Cube	
Stretch & Flex 13:00-13:30 Stretch Cube						Aqua 13:15-13:45 Pool	
Aqua 13:15-13:45 Pool						Studio Cycling 18:15-19:00 Cycling Studio	
Les Mills Dance™ 18:00-18:45 Studio 1						BodyBalance™ 19:00-20:00 Studio 1	
Studio Cycling 18:15-19:00 Cycling Studio						Aqua 19:30-20:00 Pool	
BodyCombat 18:30-19:30 Studio 2							
BodyBalance™ 19:00-20:00 Studio 1							
Aqua 19:30-20:00 Pool							



DECEMBER

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JANUARY

CLASSES KEY

- Aerobic, high energy 
- Strength + conditioning 
- Mind + Body 
- Studio Cycling 
- Aqua 

WEDNESDAY 1 ST	THURSDAY 2 ND 6AM-10PM	FRIDAY 3 RD 6AM-10PM	SATURDAY 4 TH 8AM-7PM
CLOSED	Metabolic Blast 06:30-7:00 TRX Cube	Studio Cycling 06:45-7:30 Cycling Studio	Metabolic Blast 09:00-09:30 Studio 1
	Yoga 09:30-11:00 Studio 1	Circuits 09:00-09:45 Studio 2	BodyPump™ 09:15-10:15 Studio 2
	BodyPump™ 09:30-10:30 Studio 2	BodyCombat 09:15-10:15 Studio 1	Studio Cycling 9:15-10:00 Cycling Studio
	Studio Cycling 09:30-10:15 Cycling Studio	Aqua 10:15-10:45 Pool	Core Conditioning 10:15-10:45 TRX Cube
	Aqua 10:15-10:45 Pool	BodyBalance™ 10:30-11:30 Studio 1	BodyCombat 10:30-11:30 Studio 2
	Yoga 11:15-12:45 Studio 1	Studio Cycling 10:30-11:15 Cycling Studio	BodyBalance™ 10:30-11:30 Studio 1
	Stretch + Flex 12:30-13:00 Stretch Cube	Young at Heart 11:45-12:30 Studio 1	TRX Blast 11:00-11:30 TRX Cube
	Aqua 13:30-14:00 Pool	Aqua 12:15-12:45 Pool	Aqua 12:15-12:45 Pool
	B.L.T 18:15-19:15 Studio 1	Yin Yoga 17:30-19:00 Studio 1	
	Circuits 18:15-19:00 Studio 2	TRX Blast 18:00-18:30 TRX Cube	
	BodyBalance™ 19:30-20:30 Studio 1		
	Aqua 19:30-20:00 Pool		

