

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 POWER HIIT	06:15 - 07:00 VIRTUAL RPM	06:30 - 07:15 POWER HIIT	06:15 - 07:00 GROUP CYCLE	06:30 - 07:15 POWER HIIT	08:30 - 09:15 POWER ENGINE	09:30 - 10:15 BODYPUMP
7:30 - 8:15 TODAY'S WORKOUT	07:30 - 08:15 TODAY'S WORKOUT	07:30 - 08:15 TODAY'S WORKOUT	07:30 - 08:15 TODAY'S WORKOUT	07:30 - 08:15 TODAY'S WORKOUT	08:30 - 09:15 GROUP CYCLE	10:30 - 11:15 TODAY'S WORKOUT
09:00 - 10:00 PILATES	08:15 - 09:15 PILATES	09:30 - 10:15 BODYPUMP	09:30 - 10:15 POWER STRENGTH	09:00 - 09:45 PILATES	08:55 - 09:40 PILATES	
09:15 - 10:00 FULL BODY CIRCUIT (60YRS+)	09:30 - 10:15 POWER STRENGTH	10:15 - 11:00 AQUA AEROBICS	09:30 - 10:15 RPM	09:30 - 10:15 POWER STRENGTH	09:30 - 10:15 TODAY'S WORKOUT	
09:30 - 10:00 SPRINT	09:30 - 10:15 ZUMBA	10:30 - 11:15 BARRE	09:30 - 10:30 PILATES	09:30 - 10:15 RPM	09:35 - 10:20 BODYPUMP	
10:15 - 11:15 PILATES	09:30 - 10:15 RPM	12:00 - 13:00 PILATES	10:35 - 11:20 POWER FUNCTIONAL FITNESS (60YRS+)	10:00 - 10:45 BACK CARE FIT	09:45-10:30 PILATES	
10:30 - 11:30 BODYPUMP	10:30 - 11:15 POWER FUNCTIONAL FITNESS (60YRS+)	17:30 - 18:00 CORE STRENGTH	10:40 - 11:40 HATHA YOGA	10:30 - 11:15 BODYPUMP	10:30 - 11:15 POWER STRENGTH	
10:45 - 11:30 AQUA AEROBICS	10:30 - 11:15 AQUA AEROBICS	18:00 - 19:00 PILATES	11:45 - 12:30 AQUA AEROBICS	10:30 - 11:15 AQUA AEROBICS	10:35 - 11:35 SLOW FLOW VINYASA YOGA	
11:30 - 12:30 MENOPAUSE YOGA	11:45 - 12:45 PILATES	18:15 - 19:00 AQUA AEROBICS	17:30 - 18:00 CARDIO CIRCUIT	11:00 - 12:00 HATHA YOGA		
17:30 - 18:15 STRENGTH & CONDITIONING	13:00 - 14:00 HATHA YOGA	18:30 - 19:15 STRENGTH & CONDITIONING	18:00 - 19:00 PILATES	12:15 - 13:15 YIN YOGA		
18:15 - 19:00 RPM	17:30 - 18:00 CORE STRENGTH		18:15 - 19:00 POWER STRENGTH	17:30 - 18:15 STRENGTH & CORE		
18:15 - 19:15 YIN YOGA	18:00 - 19:00 ZUMBA		18:30 - 19:15 GROUP CYCLE			
18:30 - 19:15 HIIT STRENGTH	18:15 - 19:00 POWER STRENGTH		19:30 - 20:30 VINYASA YOGA			
19:15 - 20:00 BODYPUMP	19:05 - 20:05 PILATES					
	19:15 - 20:00 VIRTUAL RPM					

- POWER STUDIO
- POOL
- GYM
- CYCLE STUDIO
- FLOW STUDIO



SUMMER TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:15 - 09:15 MIXED	07:15 - 08:15 RISE & FLOW	08:15 - 09:05 POWER	07:15 - 08:15 SLOW FLOW	06:30 - 07:30 BFREE	08:15 - 09:15 RISE & FLOW	08:15 - 09:15 RISE & FLOW
09:15 - 10:05 MIXED	09:15 - 10:05 MIXED	09:15 - 10:05 MIXED	09:15 - 10:05 MIXED	08:15 - 09:05 FUNDAMENTAL	08:15 - 09:05 MIXED	08:15 - 09:05 MIXED
09:30 - 10:30 HOT PILATES	09:30 - 10:30 SCULPT	09:30 - 10:30 BFREE	09:30 - 10:30 FUSION	09:15 - 10:05 MIXED	09:15 - 10:05 POWER	09:15 - 10:05 FUNDAMENTAL
17:00 - 18:00 HOT VINYASA FLOW	10:15 - 11:05 MIXED	11:00 - 12:00 HOT PILATES	10:15 - 11:05 MIXED	12:15 - 13:15 SCULPT	09:45 - 10:45 HOT 60	09:45 - 10:45 HOT 60
18:00 - 18:50 FUNDAMENTAL	17:00 - 17:50 MIXED	17:00 - 17:50 POWER	18:15 - 19:15 YANG TO YIN	17:00 - 18:00 ROCK OM	10:15 - 11:05 MIXED	10:15 - 11:05 DYNAMIC
18:30 - 19:30 BFREE	17:00 - 18:00 WARM YIN	18:00 - 18:50 FUNDAMENTAL	18:30 - 19:20 MIXED	18:30 - 19:30 WARM CANDLELIT	11:15 - 12:15 FUSION	11:15 - 12:15 ROCK OM
19:00 - 19:50 MIXED	18:00 - 18:50 DYNAMIC	18:30 - 19:30 SCULPT	19:30 - 20:30 SILENT SOUNDS			
20:00 - 21:00 HOT 60	18:15 - 19:15 HOT PILATES	19:00 - 19:50 MIXED				
		20:00 - 21:15 WARM CANDLELIT				

- HOT YOGA
- REFORMER



HOT YOGA & REFORMER



SUMMERTIMETABLE