

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 POWER HIIT	06:15 - 07:00 GROUP CYCLE	06:30 - 07:15 POWER HIIT	06:15 - 07:00 GROUP CYCLE	06:30 - 07:15 POWER HIIT	08:30 - 09:15 GROUP CYCLE	09:30 - 10:15 RPM
07:30 - 08:15 TODAY'S WORKOUT	06:45 - 07:30 TODAY'S WORKOUT	07:30 - 08:15 TODAY'S WORKOUT	06:45 - 07:30 TODAY'S WORKOUT	09:00 - 09:45 PILATES (45)	08:30 - 09:15 TODAY'S WORKOUT	09:30 - 10:15 BODYPUMP
09:00 - 10:00 PILATES (60)	08:15 - 09:15 PILATES (60)	09:15 - 10:15 SLOW FLOW VINYASA YOGA	09:15 - 10:00 FULL BODY CIRCUIT (60YRS+)	09:30 - 10:15 POWER STRENGTH	08:55 - 09:40 PILATES (45)	10:30 - 11:15 BODYBALANCE
09:15 - 10:00 FULL BODY CIRCUIT (60YRS+)	09:30 - 10:15 POWER STRENGTH	09:30 - 10:15 BODYPUMP	09:30 - 10:30 PILATES (60)	09:30 - 10:15 RPM	09:35 - 10:20 BODYPUMP	10:30 - 11:15 TODAY'S WORKOUT
09:30 - 10:00 SPRINT	09:30 - 10:15 ZUMBA	10:15 - 11:00 AQUA AEROBICS	09:30 - 10:15 POWER STRENGTH	10:00 - 10:45 BACK CARE FIT	09:45-10:30 PILATES (45)	
09:30 - 10:15 POWER HIIT	09:30 - 10:15 RPM	10:30 - 11:15 BARRE	09:30 - 10:15 RPM	10:30 - 11:15 BODYPUMP	10:30 - 11:15 POWER STRENGTH	
10:15 - 11:15 PILATES (60)	10:30 - 11:15 POWER FUNCTIONAL FITNESS (60YRS+)	11:20 - 12:05 HATHA YOGA	10:35 - 11:20 POWER FUNCTIONAL FITNESS (60YRS+)	10:30 - 11:15 AQUA AEROBICS	10:35 - 11:35 SLOW FLOW VINYASA YOGA	
10:30 - 11:30 BODYPUMP	10:30 - 11:30 BODYBALANCE	12:10 - 13:10 PILATES (60)	10:35 - 11:35 HATHA YOGA	11:00 - 12:00 HATHA YOGA		
10:45 - 11:30 AQUA AEROBICS	11:45 - 12:45 PILATES (60)	17:30 - 18:00 CORE STRENGTH	11:45 - 12:30 AQUA AEROBICS	12:15 - 13:15 YIN YOGA		
11:30 - 12:30 MENOPAUSE YOGA	13:00 - 14:00 HATHA YOGA	18:00 - 19:00 PILATES (60)	12:15 - 13:00 POWER STRENGTH	17:30 - 18:15 STRENGTH & CORE		
17:30 - 18:15 STRENGTH & CONDITIONING	17:30 - 18:00 CORE STRENGTH	18:15 - 19:00 AQUA AEROBICS	17:30 - 18:00 CARDIO CIRCUIT			
18:15 - 19:15 YIN YOGA	18:00 - 19:00 ZUMBA	18:30 - 19:15 STRENGTH & CONDITIONING	18:00 - 19:00 PILATES (60)			
18:15 - 19:00 RPM	18:15 - 19:00 POWER STRENGTH	19:05 - 19:50 PILATES (45)	18:15 - 19:00 POWER STRENGTH			
18:30 - 19:15 HIIT STRENGTH	19:05 - 20:05 PILATES (60)		18:30 - 19:15 GROUP CYCLE			
19:15 - 20:15 BODYPUMP			19:30 - 20:30 DYNAMIC VINYASA YOGA			
19:30 - 20:30 HATHA YOGA						

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

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15 - 08:15 RISE & FLOW	07:15 - 08:15 RISE & FLOW	06:30 - 07:30 HOT 60	07:15 - 08:15 SLOW FLOW	06:30 - 07:30 BFREE	08:15 - 09:15 RISE & FLOW	08:15 - 09:15 SLOW FLOW
08:15 - 09:15 MIXED	09:15 - 10:05 MIXED	08:15 - 09:05 POWER	09:15 - 10:05 MIXED	08:15 - 09:05 FUNDAMENTAL	08:15 - 09:05 MIXED	08:15 - 09:05 MIXED
09:15 - 10:05 MIXED	09:30 - 10:30 SCULPT	09:15 - 10:05 MIXED	09:30 - 10:30 BFREE	09:15 - 10:05 MIXED	09:15 - 10:05 POWER	09:15 - 10:05 FUNDAMENTAL
09:30 - 10:30 HOT PILATES	10:15 - 11:05 MIXED	09:30 - 10:30 BFREE	10:15 - 11:05 MIXED	10:30 - 11:45 HOT 75	09:45 - 10:45 HOT 60	09:45 - 10:45 HOT 60
17:00 - 18:00 FUSION	11:00 - 12:00 HOT 60	11:00 - 12:00 HOT PILATES	11:00 - 12:00 FUSION	12:15 - 13:15 SCULPT	10:15 - 11:05 MIXED	10:15 - 11:05 DYNAMIC
18:00 - 18:50 FUNDAMENTAL	12:15 - 13:05 MIXED	17:00 - 17:50 POWER	17:00 - 18:00 SCULPT	12:15 - 13:15 MIXED	11:15 - 12:15 FUSION	11:15 - 12:15 ROCK OM
18:30 - 19:30 BFREE	17:00 - 18:00 WARM YIN	18:00 - 18:50 FUNDAMENTAL	18:15 - 19:15 YANG TO YIN	17:00 - 18:00 ROCK OM		16:00 - 17:15 WARM YIN & NIDRA
19:00 - 19:50 MIXED	17:00 - 17:50 MIXED	18:30 - 19:30 SCULPT	18:30 - 19:20 MIXED	18:00 - 19:00 MIXED		
20:00 - 21:00 HOT 60	18:00 - 18:50 DYNAMIC	19:00 - 19:50 MIXED	19:30 - 20:30 SILENT SOUNDS	18:30 - 19:30 CANDLELIT		
		20:00 - 21:00 CANDELIT	19:30 - 20:20 FUNDAMENTAL			

HOT YOGA

REFORMER



HOT YOGA & REFORMER

CLASS TIMETABLE