

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
SPIN - LesMills SPRINT 06:10-06:40 Virtual Studio 2		SPIN - LesMills SPRINT 06:10-06:40 Virtual Studio 2		SPIN - LesMills SPRINT 06:10-06:40 Virtual Studio 2		SPIN - LesMills SPRINT 06:00-06:30 Virtual Studio 2		SPIN - LesMills SPRINT 06:10-06:40 Virtual Studio 2					
BODYPUMP 06:40-07:10 Virtual Studio 2		BODYCOMBAT 06:40-07:10 Virtual Studio 2		GRIT STRENGTH 06:40-07:10 Virtual Studio 2		GRIT CARDIO 06:40-07:10 Virtual Studio 2		BODYPUMP 06:40-07:10 Virtual Studio 2					
SPIN - LesMills SPRINT 07:15-07:45 Virtual Studio 2		BODYPUMP 07:15-08:15 Virtual Studio 2		Grit Athletic 07:15-07:45 Virtual Studio 2		SPIN - [L] 06:30-07:15 Virtual Studio 2		SPIN - LesMills SPRINT 07:15-07:45 Virtual Studio 2		SPIN - LesMills SPRINT 08:10-08:40 Virtual Studio 2		barre 08:45-09:15 Virtual Studio 2	
BODYCOMBAT 08:00-08:45 Virtual Studio 2		SPIN - LesMills SPRINT 08:30-09:00 Virtual Studio 2		BODYCOMBAT 08:00-09:00 Virtual Studio 2		BODYCOMBAT 07:15-07:45 Virtual Studio 2		barre 08:00-08:30 Virtual Studio 2		Bike + Rythmn - [L] 09:00-09:45 Studio 2		BODY BALANCE 09:30-10:00 Virtual Studio 2	
BODYPUMP 09:00-10:00 Virtual Studio 2		BODYCOMBAT 09:15-10:00 Virtual Studio 2		SPIN - LesMills SPRINT 09:15-09:45 Virtual Studio 2		GRIT STRENGTH 08:00-08:30 Virtual Studio 2		BODY BALANCE 08:45-09:30 Virtual Studio 2		BODY BALANCE 10:00-10:45 Studio 2		SPIN - LesMills SPRINT 10:00-10:30 Virtual Studio 2	
BODY BALANCE 10:15-10:45 Virtual Studio 2		BODY BALANCE 10:15-11:00 Virtual Studio 2		BODYPUMP 10:00-11:00 Virtual Studio 2		BODY BALANCE 08:45-09:30 Virtual Studio 2		BODYCOMBAT 09:45-10:45 Virtual Studio 2		BODYPUMP 11:00-11:45 Studio 2		SPIN - [L] 11:00-11:45 Studio 2	
GRIT CARDIO 11:00-11:45 Virtual Studio 2		GRIT CARDIO 11:15-11:45 Virtual Studio 2		Grit Athletic 11:15-11:45 Virtual Studio 2		GRIT CARDIO 09:45-10:15 Virtual Studio 2		GRIT CARDIO 11:00-11:30 Virtual Studio 2		SPIN - LesMills SPRINT 12:30-13:00 Virtual Studio 2		SPIN - LesMills SPRINT 12:00-12:30 Virtual Studio 2	
barre 12:00-12:30 Virtual Studio 2		SPIN - LesMills SPRINT 12:20-12:50 Virtual Studio 2		BODY BALANCE 12:00-12:30 Virtual Studio 2		barre 10:30-11:00 Virtual Studio 2		Grit Athletic 11:45-12:15 Virtual Studio 2		GRIT STRENGTH 13:15-13:45 Virtual Studio 2		BODY BALANCE 13:30-14:15 Virtual Studio 2	
SPIN - LesMills SPRINT 12:40-13:10 Virtual Studio 2		BODY BALANCE 13:00-13:45 Virtual Studio 2		SPIN - LesMills SPRINT 12:40-13:10 Virtual Studio 2		Grit Athletic 11:15-11:45 Virtual Studio 2		SPIN - LesMills SPRINT 12:30-13:00 Virtual Studio 2		BODYPUMP 14:00-15:00 Virtual Studio 2		Grit Athletic 14:30-15:00 Virtual Studio 2	
GRIT STRENGTH 13:15-13:45 Virtual Studio 2		BODYPUMP 14:00-14:30 Virtual Studio 2		GRIT STRENGTH 13:15-13:45 Virtual Studio 2		SPIN - LesMills SPRINT 12:00-12:30 Virtual Studio 2		GRIT STRENGTH 13:15-13:45 Virtual Studio 2		BODYCOMBAT 15:15-16:15 Virtual Studio 2		BODYPUMP 15:15-15:45 Virtual Studio 2	
barre (Beginner Level) 14:00-14:30 Virtual Studio 2		barre 14:45-15:15 Virtual Studio 2		barre 14:00-14:30 Virtual Studio 2		barre 13:00-13:45 Virtual Studio 2		BODYCOMBAT 14:00-15:00 Virtual Studio 2		barre (Beginner level) 16:20-16:50 Virtual Studio 2		GRIT CARDIO 16:00-16:30 Virtual Studio 2	
GRIT CARDIO 16:00-16:30 Virtual Studio 2		BODYCOMBAT 16:30-17:30 Virtual Studio 2		GRIT CARDIO 14:45-15:15 Virtual Studio 2		SPIN - LesMills SPRINT 14:00-14:30 Virtual Studio 2		BODYPUMP 15:00-16:00 Virtual Studio 2				SPIN - LesMills SPRINT 16:30-17:00 Virtual Studio 2	
Grit Athletic 16:45-17:15 Virtual Studio 2		SPIN - [L] 18:00-18:45 Virtual Studio 2		Grit Athletic 15:45-16:15 Virtual Studio 2		BODYCOMBAT 16:00-17:00 Virtual Studio 2		BODYPUMP 16:00-17:00 Virtual Studio 2					
Blaze BOXERCISE - [L] 18:00-18:45 Studio 2		BODYPUMP - [L] 19:00-19:45 Studio 2		SPIN - LesMills SPRINT 16:30-17:00 Virtual Studio 2		BODYPUMP 17:15-18:00 Virtual Studio 2		BODY BALANCE 17:05-17:50 Virtual Studio 2					
Total Body Conditioning - [L] 19:00-19:45 Studio 2		BODYPUMP 20:00-20:45 Studio 2		BODY BALANCE 17:05-17:50 Virtual Studio 2		BLAZE CIRCUITS [L] 18:30-19:15 Studio 2		SPIN - LesMills SPRINT 18:00-18:30 Virtual Studio 2					
Bike + Rythmn - [L] 20:00-20:45 Studio 2				Legs + Bums + Core - [L] 18:00-18:45 Studio 2		Yoga (Vinyasa) - [L] 19:20-20:05 Studio 2							
				HIIT - [L] 19:00-20:00 Studio 2		BODYCOMBAT 20:10-20:55 Studio 2							
				SPIN - LesMills SPRINT 20:15-20:45 Studio 2									