

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:20	XPRESS	FREE FIT			RADIKAL			
07:15 - 08:00	ROOM 1	BODY COMBAT						
07:15 - 08:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
08:15 - 08:35	XPRESS			RADIKAL				
08:15 - 09:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
08:30 - 09:15	CYCLING				CYCLING			
08:30 - 09:30	ROOM 1			ZUMBA				
09:15 - 10:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30 - 09:50	XPRESS				FREE FIT	RADIKAL	RADIKAL	
09:30 - 10:30	ROOM 1		BODY COMBAT					
10:15 - 10:35	XPRESS							FREE FIT
10:15 - 11:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT					
10:30 - 11:30	ROOM 1	ZUMBA						
11:15 - 12:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
11:30 - 12:15	CYCLING						CYCLING	
12:15 - 12:35	XPRESS		RADIKAL		FREE FIT			RADIKAL
12:15 - 13:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:15 - 14:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00 - 14:20	XPRESS		FREE FIT	RADIKAL			FREE FIT	
14:15 - 15:00	ROOM 1		ZUMBA	CARDIO HIIT	BODY COMBAT			
14:15 - 15:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:00 - 15:20	XPRESS					FREE FIT		
15:00 - 15:45	ROOM 1		BODY COMBAT					
15:15 - 16:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
16:00 - 16:20	XPRESS	RADIKAL		FREE FIT	RADIKAL			
16:15 - 16:35	XPRESS						RADIKAL	
16:15 - 17:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:15 - 18:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT			FREE FIT	
18:00 - 18:45	ROOM 1			ZUMBA	CARDIO HIIT			
18:15 - 19:00	CYCLING					CYCLING		
18:15 - 19:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
18:45 - 19:30	ROOM 1	ZUMBA						
19:00 - 19:20	XPRESS		RADIKAL			RADIKAL		
19:15 - 20:00	ROOM 1		BODY COMBAT			ZUMBA		
19:15 - 20:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
19:45 - 20:30	ROOM 1				BODY COMBAT			
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT			

20:00 - 20:45	ROOM 1		CARDIO HIIT					
	CYCLING			CYCLING				
20:15 - 21:00	CYCLING	CYCLING						
20:15 - 21:15	VIRTUAL		VIRTUAL CYCLING			VIRTUAL CYCLING		
20:30 - 21:15	ROOM 1			BODY COMBAT				
20:30 - 21:30	OUTDOOR		DUET RUNNERS					
20:45 - 21:30	CYCLING				CYCLING			
21:00 - 21:20	XPRESS	RADIKAL	FREE FIT					
21:15 - 22:00	ROOM 1	BODY COMBAT			ZUMBA			
21:15 - 22:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			