

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS			ABD		DUET SUSPENSION TRAINING		
07:00 - 07:20	XPRESS	FREE FIT	GAP 20'		RADIKAL			
07:15 - 08:00	ROOM 1	BODY COMBAT		BODY PUMP	YOGA	CARDIO HIIT		
07:15 - 08:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
08:15 - 08:30	XPRESS	ABD	DUET SUSPENSION TRAINING		ABD	STRETCHING		
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	PILATES	BODY PUMP	ZUMBA		BODY COMBAT		
09:15 - 10:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
	ROOM 1						YOGA	
09:30 - 09:45	XPRESS		STRETCHING	DUET SUSPENSION TRAINING				DUET SUSPENSION TRAINING
09:30 - 09:50	XPRESS	GAP 20'			FREE FIT	RADIKAL	RADIKAL	
09:30 - 10:15	ROOM 1				GAP			
09:30 - 10:30	ROOM 1	BODY PUMP	BODY COMBAT	PILATES				
10:00 - 11:00	ROOM 1					BODY PUMP		
10:15 - 10:30	XPRESS						ABD	
10:15 - 10:35	XPRESS							FREE FIT
	ROOM 1						BODY PUMP	
10:15 - 11:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30 - 10:45	XPRESS				STRETCHING	ABD		
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT	GAP 20'				
10:30 - 11:30	ROOM 1	ZUMBA	YOGA					
11:00 - 12:00	ROOM 1					PILATES		
11:15 - 11:30	XPRESS						DUET SUSPENSION TRAINING	ABD
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 - 12:30	XPRESS	DUET SUSPENSION TRAINING		ABD				
12:15 - 12:35	XPRESS		RADIKAL		FREE FIT	GAP 20'	GAP 20'	RADIKAL
12:15 - 13:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:15 - 14:00	ROOM 1	ZUMBA		BODY COMBAT	BODY PUMP			
13:15 - 14:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00 - 14:15	XPRESS	ABD			DUET SUSPENSION TRAINING	ABD		
14:00 - 14:20	XPRESS		FREE FIT	RADIKAL			FREE FIT	
14:15 - 15:00	ROOM 1	GAP	ZUMBA	CARDIO HIIT	BODY COMBAT			
	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:15 - 15:15	ROOM 1					YOGA		
15:00 - 15:15	XPRESS	STRETCHING	DUET SUSPENSION TRAINING	ABD				
15:00 - 15:20	XPRESS				GAP 20'	FREE FIT		

15:00 - 15:45	ROOM 1		BODY COMBAT	BODY PUMP	PILATES			
	CYCLING					CYCLING		
15:00 - 16:00	ROOM 1	YOGA						
15:15 - 16:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
16:00 - 16:15	XPRESS		ABD					
16:00 - 16:20	XPRESS	RADIKAL		FREE FIT	RADIKAL	GAP 20'		
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 - 17:30	XPRESS						ABD	
17:15 - 18:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:00 - 18:15	XPRESS		ABD		STRETCHING	DUET SUSPENSION TRAINING		
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT			FREE FIT	
18:00 - 18:45	ROOM 1	PILATES		ZUMBA	CARDIO HIIT			
18:15 - 19:00	CYCLING					CYCLING		
	ROOM 1		BODY PUMP					
18:15 - 19:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
18:45 - 19:30	ROOM 1					YOGA		
	ROOM 1	ZUMBA		PILATES	BODY PUMP			
19:00 - 19:15	XPRESS			STRETCHING	DUET SUSPENSION TRAINING			
19:00 - 19:20	XPRESS	GAP 20'	RADIKAL			RADIKAL		
19:15 - 20:00	ROOM 1		BODY COMBAT			ZUMBA		
19:15 - 20:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
19:30 - 20:15	ROOM 1	BODY PUMP		GAP				
19:45 - 20:30	ROOM 1				BODY COMBAT			
20:00 - 20:15	XPRESS	ABD	DUET SUSPENSION TRAINING			ABD		
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT			
20:00 - 20:45	ROOM 1		CARDIO HIIT			BODY PUMP		
	CYCLING			CYCLING				
20:15 - 21:00	CYCLING	CYCLING						
20:15 - 21:15	VIRTUAL		VIRTUAL CYCLING			VIRTUAL CYCLING		
	ROOM 1	YOGA						
20:30 - 21:15	ROOM 1			BODY COMBAT	PILATES			
20:30 - 21:30	OUTDOOR		DUET RUNNERS					
20:45 - 21:30	CYCLING				CYCLING			
21:00 - 21:15	XPRESS			ABD				
21:00 - 21:20	XPRESS	RADIKAL	FREE FIT			GAP 20'		
21:00 - 21:45	ROOM 1		GAP					
21:15 - 22:00	ROOM 1	BODY COMBAT		BODY PUMP	ZUMBA			
21:15 - 22:15	VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			