

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	<b>SPRINT</b> 5:15 AM (0/30) 30 min	<b>RPM</b> 5:15 AM (0/30) 45 min	<b>VIRTUAL BODY ATTACK</b> 5:15 AM (0/50) 30 min <b>Ride Revolution</b> 5:15 AM (0/30) 30 min	<b>RPM</b> 5:15 AM (0/30) 45 min	<b>VIRTUAL SPRINT</b> 5:15 AM (0/35) 30 min		
5:30 AM	<b>BODY PUMP</b> 5:30 AM (0/50) 60 min <b>Reformer Pilates</b> 5:30 AM (0/12) 50 min	<b>HIIT</b> 5:30 AM (0/24) 45 min <b>VIRTUAL BODY COMBAT</b> 5:30 AM (0/50) 45 min <b>Reformer Pilates</b> 5:30 AM (0/12) 50 min	<b>Reformer Pilates</b> 5:30 AM (0/12) 50 min	<b>LES MILLS CORE 45</b> 5:30 AM (0/50) 45 min <b>Reformer Pilates</b> 5:30 AM (0/12) 50 min	<b>BOXFIT30</b> 5:30 AM (0/16) 30 min <b>BODY PUMP</b> 5:30 AM (0/50) 45 min <b>Reformer Pilates</b> 5:30 AM (0/12) 50 min	<b>VIRTUAL GRIT CARDIO</b> 5:30 AM (0/50) 30 min	<b>VIRTUAL GRIT CARDIO</b> 5:30 AM (0/50) 30 min
6:00 AM	<b>VIRTUAL RPM</b> 6:00 AM (0/30) 50 min	<b>BOXFIT30</b> 6:15 AM (0/16) 30 min	<b>SUPER CIRCUIT</b> 6:00 AM (0/50) 45 min	<b>VIRTUAL SPRINT</b> 6:15 AM (0/30) 30 min <b>HIIT</b> 6:00 AM (0/24) 45 min	<b>SPRINT</b> 6:00 AM (0/30) 30 min	<b>SPRINT</b> 6:15 AM (0/30) 30 min	
6:30 AM	<b>VIRTUAL BODY ATTACK</b> 6:35 AM (0/50) 60 min <b>Reformer Pilates</b> 6:30 AM (0/12) 50 min	<b>VIRTUAL BODY PUMP</b> 6:30 AM (0/50) 60 min <b>Reformer Pilates</b> 6:30 AM (0/12) 50 min	<b>VIRTUAL SPRINT</b> 6:45 AM (0/35) 30 min <b>Reformer Pilates</b> 6:30 AM (0/12) 50 min	<b>VIRTUAL LES MILLS SH'BAM</b> 6:30 AM (0/50) 45 min <b>Reformer Pilates</b> 6:30 AM (0/12) 50 min	<b>VIRTUAL RPM</b> 6:45 AM (0/35) 45 min <b>Reformer Pilates</b> 6:30 AM (0/12) 50 min <b>VIRTUAL BODY BALANCE</b> 6:30 AM (0/50) 45 min	<b>Reformer Pilates</b> 6:30 AM (0/12) 50 min	<b>VIRTUAL BODY ATTACK</b> 6:30 AM (0/50) 60 min
7:00 AM			<b>VIRTUAL BODY PUMP</b> 7:10 AM (0/50) 30 min			<b>BODY ATTACK</b> 7:15 AM (0/50) 60 min <b>HIIT</b> 7:15 AM (0/24) 45 min	<b>VIRTUAL RPM</b> 7:15 AM (0/35) 45 min
7:30 AM	<b>VIRTUAL GRIT CARDIO</b> 7:45 AM (0/50) 30 min <b>Reformer Pilates</b> 7:30 AM (0/12) 50 min <b>VIRTUAL RPM</b> 7:30 AM (0/30) 50 min	<b>VIRTUAL GRIT CARDIO</b> 7:45 AM (0/50) 30 min <b>Reformer Pilates</b> 7:30 AM (0/12) 50 min	<b>VIRTUAL BODY COMBAT</b> 7:45 AM (0/50) 30 min <b>Reformer Pilates</b> 7:30 AM (0/12) 50 min	<b>BODY PUMP</b> 7:45 AM (0/50) 45 min <b>Reformer Pilates</b> 7:30 AM (0/12) 50 min	<b>VIRTUAL GRIT CARDIO</b> 7:30 AM (0/50) 30 min <b>VIRTUAL RPM</b> 7:45 AM (0/33) 50 min <b>Reformer Pilates</b> 7:30 AM (0/12) 50 min	<b>Reformer Pilates</b> 7:30 AM (0/12) 50 min	<b>Reformer Pilates</b> 7:30 AM (0/12) 50 min <b>VIRTUAL CORE</b> 7:30 AM (0/50) 45 min
8:00 AM						<b>BODY PUMP</b> 8:20 AM (0/50) 60 min	<b>VIRTUAL SPRINT</b> 8:15 AM (0/35) 30 min
8:30 AM	<b>STEP</b> 8:30 AM (0/50) 45 min <b>SPRINT</b> 8:45 AM (0/33) 30 min <b>Reformer Pilates</b> 8:30 AM (0/12) 50 min	<b>SUPER CIRCUIT</b> 8:45 AM (0/40) 30 min <b>Reformer Pilates</b> 8:30 AM (0/12) 50 min	<b>LES MILLS CORE 45</b> 8:30 AM (0/50) 45 min <b>HIIT</b> 8:30 AM (0/24) 45 min <b>Extreme Reformer</b> 8:30 AM (0/12) 50 min	<b>PILATES</b> 8:30 AM (0/50) 45 min <b>SPRINT</b> 8:45 AM (0/30) 30 min <b>HIIT Cardio</b> 8:30 AM (0/16) 30 min <b>Fundamentals Reformer</b> 8:30 AM (0/12) 50 min	<b>BODY PUMP</b> 8:30 AM (0/50) 45 min <b>HIIT</b> 8:30 AM (0/24) 45 min <b>Reformer Pilates</b> 8:30 AM (0/12) 50 min	<b>RPM</b> 8:30 AM (0/30) 45 min <b>HIIT</b> 8:30 AM (0/24) 45 min <b>Reformer Pilates</b> 8:30 AM (0/12) 50 min	<b>Reformer Pilates</b> 8:30 AM (0/12) 50 min
9:00 AM	<b>BODY PUMP</b> 9:20 AM (0/50) 60 min	<b>BOXFIT30</b> 9:20 AM (0/16) 30 min	<b>YOGA</b> 9:20 AM (0/50) 60 min	<b>BOXFIT30</b> 9:20 AM (0/16) 30 min	<b>BOXFIT30</b> 9:20 AM (0/16) 30 min <b>VIRTUAL BODY COMBAT</b> 9:20 AM (0/50) 45 min		<b>YOGA</b> 9:00 AM (0/50) 60 min
9:30 AM	<b>HIIT</b> 9:30 AM (0/24) 45 min <b>VIRTUAL RPM</b> 9:30 AM (0/35) 45 min <b>Reformer Pilates</b> 9:30 AM (0/12) 50 min	<b>RPM</b> 9:30 AM (0/30) 45 min <b>PILATES</b> 9:30 AM (0/50) 60 min <b>Fundamentals Reformer</b> 9:30 AM (0/12) 50 min	<b>HIIT</b> 9:30 AM (0/24) 45 min <b>Fundamentals Reformer</b> 9:30 AM (0/12) 50 min <b>VIRTUAL SPRINT</b> 9:30 AM (0/30) 30 min	<b>STEP</b> 9:30 AM (0/50) 45 min <b>Reformer Pilates</b> 9:30 AM (0/12) 50 min	<b>RPM</b> 9:30 AM (0/30) 45 min <b>Reformer Pilates</b> 9:30 AM (0/12) 50 min	<b>PILATES</b> 9:30 AM (0/50) 60 min <b>VIRTUAL SPRINT</b> 9:30 AM (0/35) 30 min <b>Reformer Pilates</b> 9:30 AM (0/12) 50 min	<b>VIRTUAL RPM</b> 9:30 AM (0/35) 45 min <b>Reformer Pilates</b> 9:30 AM (0/12) 50 min
10:00 AM	<b>Body Balance</b> 10:20 AM (0/50) 60 min	<b>VIRTUAL SPRINT</b> 10:20 AM (0/35) 30 min	<b>VIRTUAL RPM</b> 10:20 AM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 10:00 AM (0/33) 30 min	<b>VIRTUAL SPRINT</b> 10:20 AM (0/35) 30 min		
10:30 AM	<b>Reformer Pilates</b> 10:30 AM (0/12) 50 min	<b>VIRTUAL BODY PUMP</b> 10:30 AM (0/50) 60 min <b>Reformer Pilates</b> 10:30 AM (0/12) 50 min	<b>VIRTUAL BODY ATTACK</b> 10:30 AM (0/50) 60 min <b>Reformer Pilates</b> 10:30 AM (0/12) 50 min	<b>VIRTUAL BODY PUMP</b> 10:30 AM (0/50) 60 min <b>Reformer Pilates</b> 10:30 AM (0/12) 50 min	<b>PILATES</b> 10:30 AM (0/50) 60 min <b>Fundamentals Reformer</b> 10:30 AM (0/12) 50 min	<b>VIRTUAL BODY COMBAT</b> 10:30 AM (0/50) 60 min <b>VIRTUAL RPM</b> 10:30 AM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 10:30 AM (0/35) 30 min <b>Stretch Reformer</b> 10:30 AM (0/12) 50 min
11:00 AM							<b>VIRTUAL BODY PUMP</b> 11:00 AM (0/50) 60 min
12:00 PM	<b>VIRTUAL BODY PUMP</b> 12:00 PM (0/50) 30 min <b>Reformer Pilates</b> 12:00 PM (0/12) 50 min	<b>VIRTUAL BODY COMBAT</b> 12:00 PM (0/50) 30 min <b>Reformer Pilates</b> 12:00 PM (0/12) 50 min	<b>VIRTUAL BODY ATTACK</b> 12:00 PM (0/50) 30 min <b>Reformer Pilates</b> 12:00 PM (0/12) 50 min	<b>VIRTUAL BODY PUMP</b> 12:00 PM (0/50) 30 min <b>Reformer Pilates</b> 12:00 PM (0/12) 50 min	<b>Reformer Pilates</b> 12:00 PM (0/12) 50 min	<b>VIRTUAL SPRINT</b> 12:00 PM (0/35) 30 min	<b>VIRTUAL RPM</b> 12:00 PM (0/35) 45 min
12:30 PM	<b>VIRTUAL BODY ATTACK</b> 12:35 PM (0/50) 30 min <b>VIRTUAL SPRINT</b> 12:35 PM (0/35) 30 min	<b>VIRTUAL BODY PUMP</b> 12:35 PM (0/50) 30 min <b>VIRTUAL RPM</b> 12:35 PM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 12:35 PM (0/35) 30 min	<b>VIRTUAL BODY COMBAT</b> 12:35 PM (0/50) 30 min <b>VIRTUAL RPM</b> 12:35 PM (0/35) 45 min	<b>VIRTUAL BODY ATTACK</b> 12:35 PM (0/50) 30 min <b>VIRTUAL SPRINT</b> 12:35 PM (0/35) 30 min		
1:00 PM						<b>VIRTUAL BODY PUMP</b> 1:00 PM (0/50) 45 min <b>VIRTUAL RPM</b> 1:00 PM (0/35) 45 min	<b>VIRTUAL LES MILLS SH'BAM</b> 1:00 PM (0/50) 45 min
1:30 PM	<b>VIRTUAL BODY BALANCE</b> 1:30 PM (0/50) 60 min	<b>VIRTUAL BODY BALANCE</b> 1:30 PM (0/50) 60 min	<b>VIRTUAL BODY BALANCE</b> 1:30 PM (0/50) 60 min	<b>VIRTUAL BODY BALANCE</b> 1:30 PM (0/50) 60 min	<b>VIRTUAL RPM</b> 1:30 PM (0/30) 45 min <b>VIRTUAL BODY BALANCE</b> 1:30 PM (0/50) 60 min		
2:00 PM						<b>VIRTUAL BODY ATTACK</b> 2:00 PM (0/50) 60 min <b>VIRTUAL SPRINT</b> 2:00 PM (0/35) 30 min	<b>VIRTUAL BODY COMBAT</b> 2:00 PM (0/50) 60 min <b>VIRTUAL RPM</b> 2:00 PM (0/35) 45 min
2:30 PM	<b>VIRTUAL GRIT CARDIO</b> 2:40 PM (0/50) 30 min	<b>VIRTUAL GRIT CARDIO</b> 2:40 PM (0/50) 30 min	<b>VIRTUAL GRIT CARDIO</b> 2:40 PM (0/50) 30 min	<b>VIRTUAL GRIT CARDIO</b> 2:40 PM (0/50) 30 min	<b>VIRTUAL SPRINT</b> 2:30 PM (0/30) 30 min <b>VIRTUAL GRIT CARDIO</b> 2:40 PM (0/50) 30 min		
3:00 PM	<b>VIRTUAL SPRINT</b> 3:15 PM (0/30) 30 min	<b>VIRTUAL SPRINT</b> 3:15 PM (0/30) 30 min	<b>VIRTUAL SPRINT</b> 3:15 PM (0/30) 30 min	<b>VIRTUAL SPRINT</b> 3:15 PM (0/30) 30 min	<b>VIRTUAL SPRINT</b> 3:15 PM (0/30) 30 min	<b>VIRTUAL LES MILLS SH'BAM</b> 3:00 PM (0/50) 45 min <b>VIRTUAL RPM</b> 3:00 PM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 3:00 PM (0/35) 30 min
3:30 PM	<b>VIRTUAL BODY ATTACK</b> 3:45 PM (0/50) 30 min	<b>VIRTUAL BODY PUMP</b> 3:30 PM (0/50) 45 min	<b>VIRTUAL GRIT CARDIO</b> 3:45 PM (0/50) 30 min	<b>VIRTUAL BODY COMBAT</b> 3:45 PM (0/50) 30 min	<b>VIRTUAL GRIT CARDIO</b> 3:45 PM (0/50) 30 min		<b>VIRTUAL BODY ATTACK</b> 3:30 PM (0/50) 60 min
4:00 PM	<b>VIRTUAL SPRINT</b> 4:00 PM (0/35) 30 min	<b>VIRTUAL RPM</b> 4:15 PM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 4:00 PM (0/30) 30 min	<b>VIRTUAL SPRINT</b> 4:15 PM (0/35) 30 min	<b>VIRTUAL RPM</b> 4:00 PM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 4:00 PM (0/35) 30 min <b>VIRTUAL BODY BALANCE</b> 4:00 PM (0/50) 60 min	<b>VIRTUAL RPM</b> 4:00 PM (0/35) 45 min
4:30 PM	<b>HIIT Cardio</b> 4:30 PM (0/16) 30 min <b>LES MILLS CORE</b> 4:30 PM (0/50) 30 min <b>Reformer Pilates</b> 4:30 PM (0/12) 50 min	<b>HIIT</b> 4:30 PM (0/24) 45 min <b>Reformer Pilates</b> 4:30 PM (0/12) 50 min <b>PILATES</b> 4:30 PM (0/50) 45 min	<b>Reformer Pilates</b> 4:30 PM (0/12) 50 min <b>VIRTUAL SPRINT</b> 4:45 PM (0/30) 30 min <b>BODY PUMP</b> 4:30 PM (0/50) 45 min	<b>HIIT Cardio</b> 4:30 PM (0/16) 30 min <b>Reformer Pilates</b> 4:30 PM (0/12) 50 min <b>VIRTUAL BODY ATTACK</b> 4:30 PM (0/50) 45 min	<b>Reformer Pilates</b> 4:30 PM (0/12) 50 min <b>VIRTUAL BODY PUMP</b> 4:30 PM (0/50) 45 min		<b>VIRTUAL BODY PUMP</b> 4:30 PM (0/50) 60 min
5:00 PM	<b>BODY PUMP</b> 5:15 PM (0/50) 60 min <b>RPM</b> 5:15 PM (0/30) 45 min	<b>VIRTUAL BODY ATTACK</b> 5:20 PM (0/50) 30 min		<b>RPM</b> 5:15 PM (0/30) 45 min	<b>VIRTUAL SPRINT</b> 5:00 PM (0/30) 30 min	<b>VIRTUAL LES MILLS SH'BAM</b> 5:20 PM (0/50) 45 min <b>VIRTUAL RPM</b> 5:00 PM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 5:00 PM (0/35) 30 min
5:30 PM	<b>BOXFIT30</b> 5:45 PM (0/16) 30 min <b>Reformer Pilates</b> 5:30 PM (0/12) 50 min	<b>SPRINT</b> 5:30 PM (0/30) 30 min <b>Reformer Pilates</b> 5:30 PM (0/12) 50 min	<b>Reformer Pilates</b> 5:30 PM (0/12) 50 min <b>RPM</b> 5:30 PM (0/30) 50 min <b>SUPER CIRCUIT</b> 5:30 PM (0/50) 45 min	<b>BODY PUMP</b> 5:30 PM (0/50) 45 min <b>Reformer Pilates</b> 5:30 PM (0/12) 50 min	<b>Reformer Pilates</b> 5:30 PM (0/12) 50 min		
6:00 PM		<b>VIRTUAL CORE</b> 6:15 PM (0/50) 45 min	<b>Body Balance</b> 6:15 PM (0/50) 60 min	<b>YOGA</b> 6:20 PM (0/50) 60 min	<b>VIRTUAL RPM</b> 6:00 PM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 6:00 PM (0/35) 30 min	<b>VIRTUAL RPM</b> 6:00 PM (0/35) 45 min
6:30 PM	<b>YOGA</b> 6:30 PM (0/50) 60 min <b>VIRTUAL SPRINT</b> 6:30 PM (0/35) 30 min	<b>VIRTUAL RPM</b> 6:30 PM (0/35) 45 min		<b>VIRTUAL SPRINT</b> 6:30 PM (0/35) 30 min	<b>VIRTUAL LES MILLS SH'BAM</b> 6:30 PM (0/50) 45 min	<b>VIRTUAL BODY BALANCE</b> 6:30 PM (0/50) 60 min	<b>VIRTUAL BODY PUMP</b> 6:30 PM (0/50) 60 min
7:00 PM	<b>VIRTUAL RPM</b> 7:15 PM (0/35) 45 min	<b>VIRTUAL BODY PUMP</b> 7:20 PM (0/50) 60 min	<b>VIRTUAL LES MILLS SH'BAM</b> 7:20 PM (0/50) 45 min <b>VIRTUAL SPRINT</b> 7:00 PM (0/35) 30 min			<b>VIRTUAL RPM</b> 7:00 PM (0/35) 45 min	<b>VIRTUAL SPRINT</b> 7:00 PM (0/35) 30 min
7:30 PM	<b>VIRTUAL BODY ATTACK</b> 7:45 PM (0/50) 60 min	<b>VIRTUAL SPRINT</b> 7:30 PM (0/35) 30 min	<b>VIRTUAL RPM</b> 7:45 PM (0/30) 45 min	<b>VIRTUAL RPM</b> 7:30 PM (0/35) 45 min <b>VIRTUAL GRIT CARDIO</b> 7:45 PM (0/50) 30 min	<b>VIRTUAL BODY COMBAT</b> 7:30 PM (0/50) 60 min <b>VIRTUAL SPRINT</b> 7:30 PM (0/35) 30 min		
8:00 PM		<b>VIRTUAL SPRINT</b> 8:10 PM (0/30) 30 min				<b>VIRTUAL SPRINT</b> 8:00 PM (0/30) 30 min	