

Group Fitness Timetable

NOTE: Timetable is subject to change.
Always check ActiveWorld App for most
up-to-date class schedule.

MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		BODYPUMP®		BODYPUMP®			
8:00am						LM CORE®	
8:30am						BODYPUMP®	
9:30am	BODYPUMP®	BODYSTEP® ♥	BODYPUMP®	Zumba®	BODYPUMP®	BODYSTEP®	BODYPUMP®
10:30am	Active Adults	BODYBALANCE®	Mat Pilates	Active Adults	Active Adults	Circuit	Zumba®
10:30am*		Active Adults*					
11:15am			MIOLI				
11:30am	Zumba®^	MIOLI^					
6:00pm	BODYSTEP®	Zumba®	BODYPUMP®	BODYPUMP®			
7:00pm	BODYBALANCE®	BODYPUMP®					

*10:30am Active Adults will be in the Functional Training studio

^ Access for All Abilities - focused on improving muscle strength, flexibility and balance. Functional exercises to assist those with physical and / or mental disabilities. Please arrive 10min prior to class to discuss your needs with the instructor.

♥ These classes need your love.

WELLNESS STUDIO

*Reformer classes only available to Silver and Gold membership levels.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am				Reformer			
7:00am	Reformer	Reformer	Reformer	Reformer	Reformer		
7:30am						Reformer	
8:00am	Reformer		Reformer		Reformer		
8:15am		Reformer		Reformer			
8:30am						Reformer	Reformer
9:15am	Reformer	Reformer	Reformer	Reformer	Reformer		
9:30am						Reformer	Reformer
10:30am	Mat Pilates	Yoga	Yoga - Hatha	Mat Pilates	BODYBALANCE®	Mat Pilates	Reformer
11:30am	Barre			Tai Chi	Barre	BODYBALANCE®	BODYBALANCE®
12:30pm					Mat Pilates		
5:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
7:00pm	Reformer	Mat Pilates	Reformer	Mat Pilates			
8:00pm			Yoga - Hatha	Yoga			

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CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	SPRINT®	MyRide	RPM®	MyRide	RPM		
7:00am	MyRide	MyRide	MyRide	MyRide	MyRide		
8:30am						Cycle	RPM®
9:00am					SPRINT®		
9:15am	Cycle	RPM®	RPM®	Cycle			
9:30am						RPM®	
10:30am	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
12:30pm	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
4:00pm						MyRide	MyRide
5:30pm	RPM®			RPM®			
6:00pm		SPRINT®	SPRINT®		MyRide		
6:30pm	MyRide	MyRide					

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:10am						Aqua	
7:30am				Aqua			
8:15am	Aqua - Warm	Aqua - Warm	Aqua - Warm		Aqua - Warm		
8:30am	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua
9:15am	Aqua - Warm		Aqua - Warm		Aqua - Warm		
9:30am	Aqua	Aqua	Aqua	Aqua	Aqua		
6:30pm			Aqua Zumba				
8:00pm	Aqua						

FUNCTIONAL TRAINING

*Functional Training only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Strength	Aerobic	Functional	Aerobic	Strength		
6:30am	Strength	Aerobic	Functional	Aerobic	Strength		
7:30am						Aerobic	
8:30am						Functional	Aerobic
9:30am	Strength	Aerobic	Functional	Aerobic	Strength		
6:00pm	Strength	Aerobic	Functional				