

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM		GRIT STRENGTH					
5:40AM			THROWDOWN CARDIO/POWER		THROWDOWN CARDIO/POWER		
5:55AM				BODYATTACK EXPRESS 30MIN			
6:00AM	BODYPUMP THROWDOWN CARDIO/POWER YOGA VINYASA SPIN	BODYPUMP BODYBALANCE RPM	BODYPUMP YOGA VINYASA RPM	THROWDOWN EXTREME RPM	BODYPUMP POWER FLOW SPIN		
6:30AM			THROWDOWN CARDIO/POWER	LES MILLS CORE	THROWDOWN CARDIO/POWER		
7:00AM						BODYATTACK 45MIN THROWDOWN CARDIO/POWER RPM DEEP AQUA	THROWDOWN CARDIO/POWER
7:15AM						AQUABALANCE	
7:45AM	AQUA 4 ALL						
8:00AM						BODYATTACK 45MIN GRIT ATHLETIC RPM	SPIN
8:15AM							BODYATTACK GRIT STRENGTH
8:20AM		BODYPUMP 45MIN		THROWDOWN CARDIO/POWER			
8:30AM			AQUA CARDIO				
8:45AM				AQUA CARDIO			
8:50AM							GRIT CARDIO
9:00AM	AQUA ZUMBA					BODYPUMP	YOGA VINYASA SPIN
9:15AM	BODYPUMP THROWDOWN CARDIO/POWER	BODYATTACK THROWDOWN CARDIO/POWER	BODYPUMP THROWDOWN FUNCTIONAL/STABILITY RPM	BODYCOMBAT 45MIN THROWDOWN CARDIO/POWER	BODYATTACK THROWDOWN CARDIO/POWER	THROWDOWN THROUGH THE ROOF	
9:25AM		YOGA BACK TO BASICS					
9:30AM		AQUA HIIT	DEEP AQUA	AQUA 4 ALL	RPM DEEP AQUA		BODYPUMP
10:05AM						LES MILLS CORE	
10:15AM		LES MILLS CORE		LES MILLS CORE			
10:30AM	BODYATTACK 45MIN BODYBALANCE DEEP AQUA	YOGA YIN ZUMBA	BODYBALANCE CHA IR YOGA	BODYPUMP	BODYPUMP BODYBALANCE	ZUMBA	
10:45AM			MAT PILATES	SPIN		BODYBALANCE	BODYCOMBAT
11:00AM		BODYPUMP 45MIN					
11:30AM				BODYBALANCE			
11:45AM		BODYBALANCE			YOGA YIN		
12:00PM	YOGA VINYASA		YOGA VINYASA BODYPUMP	MAT PILATES			BODYBALANCE
12:15PM	RPM					MAT PILATES	
1:00PM	LES MILLS CORE	YOGA VINYASA	LES MILLS CORE	YOGA VINYASA	YOGA VINYASA		
2:30PM						YOGA VINYASA	
3:45PM						BODYPUMP	BODYPUMP YOGA VINYASA
4:00PM						THROWDOWN CARDIO/POWER	
4:15PM				LES MILLS CORE 45MIN			
4:30PM	BODYPUMP		BODYPUMP		BODYPUMP SPIN		
4:50PM							YOGA YIN
5:00PM	GRIT STRENGTH	BODYCOMBAT 45MIN	YOGA BACK TO BASICS	BODYATTACK 45MIN			
5:25PM			LES MILLS CORE				
5:30PM		GRIT ATHLETIC	GRIT ATHLETIC	THROWDOWN CARDIO/POWER			
5:35PM	GRIT CARDIO						
5:45PM	BODYATTACK				BODYBALANCE		
6:00PM		BODYPUMP	BODYATTACK	BODYPUMP			
6:10PM		GRIT STRENGTH	GRIT STRENGTH YOGA YIN				
6:15PM	RPM LES MILLS CORE 45MIN	SPIN	RPM	RPM			
7:00PM	BODYPUMP	BODYJAM		YOGA YIN			
7:10PM		BODYBALANCE	BODYBALANCE	BODYJAM			

LOCATION:

STUDIO 1

STUDIO 2

CYCLE STUDIO

YOGA STUDIO

POOL