

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------------------|-------------------------|----------------------------|-----------------------|-------------------------|----------------------------|-----------------------|
| 5:00AM | | | | | | | |
| 5:30AM | 5AM CLUB 45 | 5AM CLUB 45 | 5AM CLUB 45 | 5AM CLUB 45 | 5AM CLUB 45 | | |
| 6:00AM | | | | | | | |
| 6:30AM | STRENGTH & CONDITIONING 60 | Strength Development 45 | STRENGTH & CONDITIONING 60 | RAPID FIT 45 | LES MILLS BODYPUMP 60 | | |
| 7:00AM | | | | | | | |
| 7:30AM | | | | | | | |
| 8:00AM | | | | | | STRENGTH & CONDITIONING 60 | |
| 8:30AM | | | | | | | |
| 9:00AM | LES MILLS BODYCOMBAT 60 | LES MILLS BODYPUMP 60 | LES MILLS BODYSTEP 60 | LES MILLS BODYPUMP 60 | LES MILLS BODYCOMBAT 60 | LES MILLS BODYSTEP 60 | LES MILLS BODYPUMP 60 |
| 9:30AM | | | | | | | |
| 10:00AM | AF STRENGTH 60 | LES MILLS CORE 30 | AF STRENGTH 60 | LES MILLS CORE 30 | LES MILLS BODYPUMP 60 | LES MILLS BODYPUMP 60 | LES MILLS Shapes 45 |
| 10:30AM | FOREVER FIT EXPRESS 30 | MOBILITY 30 | | JAPANESE KI YOGA 60 | | | |
| 11:00AM | | FOREVER FIT 60 | | | FOREVER FIT 60 | | |
| 11:30AM | | | | | | | |

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|--------|-------------------------|-----------------------|-------------------------|-----------------------|--|--|---------------|
| 4:30PM | | | | | | | |
| 5:00PM | LES MILLS BODYPUMP 60 | | LES MILLS Shapes 45 | | | | |
| 5:30PM | LES MILLS CORE 30 | LES MILLS BODYPUMP 60 | Strength Development 45 | LES MILLS BODYPUMP 60 | | | |
| 6:00PM | LES MILLS BODYATTACK 30 | | LES MILLS CORE 30 | | | | GROUP FITNESS |
| 6:30PM | | | | | | | |

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------------|---------------------|--------------------------|-----------------|--------------------|--------------------------|---------|
| 6:00AM | | | | | | | |
| 6:30AM | | | | KI YOGA FLOW 60 | | | |
| 7:00AM | | | | | | | |
| 8:30AM | | | | | | | |
| 9:00AM | BARRE 45 | JAPANESE KI YOGA 60 | LES MILLS Shapes 45 | PILATES 60 | YOGA FLOW 60 | | |
| 9:30AM | | | | | | | |
| 10:00AM | YOGA FLOW 60 | PILATES 45 | LES MILLS BODYBALANCE 60 | | BARRE 45 | LES MILLS BODYBALANCE 60 | YOGA 60 |
| 10:30AM | | | | | | | |
| 11:00AM | FIT TO BE 30 | | | | EXPRESS AGELESS 30 | | |
| 11:30AM | | | AGELESS 60 | | | | |
| 12:00PM | | | | | | | |

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| 5:30PM | | | | | | | |
| 6:00PM | NEW HOT PILATES 30 | BARRE 45 | | | | | |
| 6:30PM | | | YIN YOGA 60 | | | | |
| 7:00PM | | YOGA 60 | | | | | WELLNESS |
| 7:30PM | | | | | | | |

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|---------|--------|-------------|-----------|-------------------------|-------------|----------|--------|
| 6:00AM | | | | | | | |
| 6:30AM | | BOOTCAMP 45 | | | BOOTCAMP 45 | | |
| 10:00AM | | | | NEW EXPRESS BOOTCAMP 30 | | | |
| 10:30AM | | | | | | | |

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| 5:00PM | | | | | | | |
| 5:30PM | | 5PM CLUB 45 | | 5PM CLUB 45 | | | |
| 6:00PM | BOOTCAMP 60 | | EXPRESS BOOTCAMP 30 | | | | OUTDOORS |
| 6:30PM | | | | | | | |

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--------|----------|-----------|----------|---------|----------|--------|
| 6:00AM | | | | | | | |
| 6:30AM | | | TEAM 30 | | | | |
| 9:00AM | | | | | | | |
| 9:30AM | | SWEAT 30 | | | TEAM 30 | | |

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|--------|---------|--|--------------|----------|--|--|------------|
| 5:00PM | | | NEW SWEAT 30 | | | | |
| 5:30PM | | | | | | | |
| 6:00PM | | | | | | | |
| 6:30PM | | | | SWEAT 30 | | | |
| 7:00PM | TEAM 30 | | | | | | THE BUNKER |