

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|---|
| 6:00am | | | | | | |
| GRIT SERIES Start 6:00am End:6:30am <i>sprint</i> Start 6:00am End 6:45am HPA Start 6:00am End 6:30am | BOXING Start 6:00am End 6:45am <i>sprint</i> Start 6:00am End 6:30am | GRIT SERIES Start 6:00am End 6:30am RPM Start 6:00am End 6:45am HPA Start 6:00am End 6:30am | BOXING Start 6:00am End 7:00am <i>sprint</i> Start 6:00am End 6:30am | GRIT SERIES Start 6:00am End 6:30am RPM Start 6:00am End 6:45am HPA Start 6:00am End 6:30am | | |
| 6:30am AND 6:45am | | | | | | |
| BODYPUMP Start 6:30am End 7:15am | CXWORX Start 6:45am End 7:15am | BODYPUMP Start 6:30am End 7:15am | | BODYPUMP Start 6:30am End 7:15am | | |
| 8:00am | | | | | | |
| | | | | | BODYCOMBAT Start 8:00am End 9:00am | GRIT SERIES Start 8:00am End 9:00am |
| 9:00am | | | | | | |
| | | | | | CXWORX Start 9:00am End 9:30am | BODYPUMP Start 9:00am End 10:00am <i>sprint</i> Start 9:00am End 9:30am |
| 9:30am AND 10:00am AND 10:15am | | | | | | |
| barre Start 9:30am End 10:00am CXWORX Start 10:00am End 10:30am | BODYCOMBAT Start 9:30am End 10:30am | BODYBALANCE Start 9:30am End 10:30am | BODYPUMP Start 9:30am End 10:30am | BODYSTEP Start 9:30am End 10:15am CXWORX Start 10:15am End 10:45am | BODYSTEP Start 9:30am End 10:30am | barre Start 10:00am End 10:30am |
| 10:45am AND 11:00am | | | | | | |
| | Fit for Life Start 11:00am End 11:45pm | | Fit for Life Start 11:00am End 11:45pm | BODYBALANCE Start 10:45am End 11:45am | | |
| 12:10pm AND 12:45pm | | | | | | |
| BODYPUMP Start 12:10pm End 12:55pm <i>sprint</i> Start 12:10pm End 12:40pm | GRIT SERIES Start 12:10pm End 12:40pm BODYBALANCE Start 12:45pm End 1:30pm | GRIT SERIES Start 12:10pm End 12:40pm RPM Start 12:10pm End 1:00pm CXWORX Start 12:45pm End 1:15pm | GRIT SERIES Start 12:10pm End 12:40pm BODYBALANCE Start 12:45pm End 1:30pm | GRIT SERIES Start 12:10pm End 12:40pm | | |
| 4:30pm | | | | | | |
| BODYSTEP Start 4:30pm End 5:30pm | BODYPUMP Start 4:30pm End 5:15pm | BODYCOMBAT Start 4:30pm End 5:30pm | BODYATTACH Start 4:30pm End 5:15pm | BODYPUMP Start 4:30pm End 5:30pm | | |
| 5:15pm AND 5:30pm AND 5:45pm AND 6:00pm | | | | | | |
| BODYCOMBAT Start 5:30pm End 6:30pm RPM Start 5:30pm End 6:15pm HPA Start 5:45pm End 6:15pm | BODYATTACH Start 5:15pm End 6:00pm barre Start 6:00pm End 6:30pm HPA Start 5:45pm End 6:15pm | BODYJAM Start 5:30pm End 6:30pm <i>sprint</i> Start 5:30pm End 6:00pm HPA Start 5:45pm End 6:15pm | BODYPUMP Start 5:15pm End 6:00pm CXWORX Start 6:00pm End 6:30pm | <i>sprint</i> Start 5:30pm End 6:00pm BOXING Start 5:30pm End 6:30pm | | BODYBALANCE Start 5:00pm End 6:00pm |
| 6:30pm and 7:30pm | | | | | | |

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| <p>BODYPUMP Start 6:30pm End 7:30pm GRIT SERIES Start 7:30pm End 8:00pm</p> | <p>BODYBALANCE Start: 6:30pm End: 7:30pm <i>sprint</i> Start 6:30pm End 7:00pm</p> | <p>BODYPUMP Start 6:30pm End 7:30pm GRIT SERIES Start 7:30pm End 8:00pm</p> | <p>BODYBALANCE Start 6:30pm End 7:30p</p> | | | |
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