

Monday

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|---------------|----------------------|
| 06.30 – 07.00 | Sprint (Virtual) |
| 07.00 – 07.45 | BodyAttack (Virtual) |
| 08.30 – 09.15 | Group Cycle |
| 09.15 – 10.15 | BodyPump |
| 09.15 – 10.15 | Pilates |
| 09.30 – 10.15 | AquaFit |
| 10.15 – 11.15 | Zumba |
| 10.30 – 11.30 | BodyCombat |
| 11.30 – 12.30 | BodyBalance |
| 12.30 – 13.45 | BodyCombat |
| 13.00 – 13.45 | The Trip (Virtual) |
| 14.30 – 15.15 | RPM (Virtual) |
| 18.15 – 19.15 | BodyAttack |
| 18.15 – 19.00 | Group Cycling |
| 19.00 – 19.45 | AquaFit |
| 19.30 – 20.30 | BodyPump |
| 19.30 – 20.30 | BodyBalance |
| 20.15 – 21.00 | Group Cycling |

Tuesday

| | |
|---------------|---------------------|
| 07.00 – 07.45 | BodyPump |
| 07.00 – 07.45 | RPM (Virtual) |
| 09.00 – 10.00 | BodyBalance |
| 09.15 – 10.00 | BodyStep |
| 09.30 – 10.15 | AquaFit |
| 10.15 – 11.15 | Yoga |
| 10.15 – 11.00 | BodyPump |
| 10.30 – 11.15 | Parent & Baby Cycle |
| 11.30 – 12.30 | 50+ Aerobics |
| 11.30 – 12.15 | The Trip |
| 12.30 – 13.30 | BodyBalance |
| 13.00 – 13.45 | RPM (Virtual) |
| 18.00 – 18.45 | Zumba |
| 18.30 – 19.30 | Body Conditioning |
| 19.00 – 19.45 | AquaFit |
| 19.45 – 20.30 | The Trip |
| 19.05 – 20.05 | BodyAttack |
| 20.30 – 21.15 | RPM (Virtual) |

Wednesday

| | |
|---------------|-------------------|
| 07.45 – 08.45 | BodyBalance |
| 09.00 – 10.00 | Clinical Pilates |
| 09.15 – 10.15 | BodyCombat |
| 10.45 – 11.45 | Body Conditioning |
| 12.00 – 12.30 | GRIT Strength |
| 12.30 – 13.30 | Yoga |
| 13.00 – 13.45 | Mum & Baby LBT |
| 18.00 – 19.00 | BodyCombat |
| 19.05 – 19.50 | Bounce & Burn |
| 20.00 – 20.45 | BodyStep |

Thursday

| | |
|---------------|--------------------|
| 07.00 – 07.45 | RPM (Virtual) |
| 09.00 – 09.45 | BodyAttack |
| 09.15 – 10.00 | Group Cycling |
| 09.30 – 10.30 | Legs, Bums & Tums |
| 09.30 – 10.15 | AquaFit |
| 10.15 – 11.00 | The Trip |
| 10.45 – 11.45 | Pilates |
| 12.30 – 13.15 | BodyPump (Virtual) |
| 12.30 – 1.15 | Group Cycle |
| 18.00 – 18.45 | Sh'Bam |
| 18.00 – 19.00 | Pilates |
| 18.30 – 19.15 | Group Cycling |
| 19.00 – 19.45 | BodyPump |
| 19.00 – 20.00 | Legs, Bums & Tums |
| 19.15 – 20.00 | AquaFit |
| 20.00 – 21.00 | BodyBalance |

Friday

| | |
|---------------|--------------------|
| 07.00 – 07.45 | RPM (Virtual) |
| 07.00 – 08.00 | Pilates |
| 09.00 – 09.30 | Sprint (Virtual) |
| 09.30 – 10.15 | Core |
| 10.30 – 11.30 | BodyCombat |
| 12.00 – 12.45 | BodyPump |
| 13.00 – 13.45 | RPM (Virtual) |
| 17.15 – 18.00 | The Trip (Virtual) |
| 18.00 – 18.45 | BodyPump (Virtual) |
| 20.00 – 20.45 | RPM (Virtual) |

Saturday

| | |
|---------------|--------------------|
| 07.00 – 07.45 | The Trip (Virtual) |
| 08.45 – 09.30 | Group Cycling |
| 09.00 – 09.45 | BodyAttack |
| 10.00 – 10.45 | BodyPump |
| 11.00 – 11.45 | BodyStep |

Sunday

| | |
|---------------|---------------|
| 08.00 – 08.45 | RPM (Virtual) |
| 09.00 – 10.00 | BodyPump |
| 10.00 – 11.00 | LBT |
| 11.30 – 12.00 | Grit Strength |
| 12.15 – 13.00 | The Trip |
| 13:00 – 13.45 | RPM (Virtual) |
| 15.30 – 16.15 | RPM (Virtual) |