

### Monday

06.30 – 07.00	LM Sprint (Virtual)
07.00 – 07.45	BodyAttack (Virtual)
08.00 – 08.30	Core (Virtual)
08.15 – 09.00	Group Cycle
09.15 – 10.15	BodyPump
09.15 – 10.00	Aqua
09.15 – 10.15	Pilates
09.30 – 10.15	Group Cycle
10.30 – 11.15	Zumba
10.30 – 11.30	BodyCombat
11.30 – 12.00	GRIT Strength (Virtual)
11.30 – 12.30	BodyBalance
12.30 – 13.15	RPM (Virtual)
13.30 – 14.15	Sh'Bam (Virtual)
13.30 – 14.10	The Trip (Virtual)
16.00 – 16.30	Core (Virtual)
16.30 – 17.15	RPM (Virtual)
18.00 – 19.00	BodyAttack
18.15 – 19.00	Group Cycle
19.15 – 19.55	The Trip (Virtual)
19.15 – 20.00	Aqua
19.15 – 20.15	BodyPump
19.30 – 20.30	BodyBalance
20.15 – 21.00	Group Cycle
20.30 – 21.30	BodyBalance (Virtual)

### Tuesday

07.00 – 07.45	BodyPump (Virtual)
07.00 – 07.45	RPM (Virtual)
08.00 – 08.40	The Trip (Virtual)
08.00 – 08.45	Sh'Bam (Virtual)
09.00 – 10.00	BodyBalance
09.15 – 10.00	Group Cycle
09.15 – 10.00	Aqua
09.15 – 10.00	BodyPump
10.15 – 11.00	BodyStep
10.15 – 11.15	Yoga
11.15 – 12.00	Bounce & Burn
11.30 – 12.10	The Trip
11.45 – 12.45	50+ Aerobics
12.30 – 13.30	BodyBalance
13.00 – 13.30	Parent & Baby Cycle
15.30 – 16.10	The Trip (Virtual)
17.15 – 17.45	GRIT PLYO (Virtual)
18.15 – 19.00	Zumba
18.15 – 19.00	Group Cycle

18.30 – 19.30	Body Conditioning
19.05 – 20.05	BodyAttack
19.15 – 20.00	Aqua
19.30 – 20.30	Yoga
19.45 – 20.25	The Trip
20.15 – 21.00	BodyPump (Virtual)
20.30 – 21.15	RPM (Virtual)

### Wednesday

07.00 – 07.40	The Trip
07.30 – 08.30	BodyBalance
08.30 – 09.00	Sprint (Virtual)
09.00 – 10.00	Clinical Pilates
09.15 – 10.15	BodyCombat
09.15 – 10.10	Group Cycle
10.30 – 11.10	The Trip
10.30 – 11.30	Body Conditioning
12.00 – 12.30	GRIT Strength
12.30 – 13.30	Yoga
12.45 – 13.30	Group Cycle
13.00 – 14.00	Parent & Baby LBT
15.30 – 16.15	RPM (Virtual)
17.00 – 18.00	BodyPump (Virtual)
17.45 – 18.30	The Trip
18.05 – 19.05	BodyCombat
18.45 – 19.30	RPM (Virtual)
19.05 – 19.50	Bounce & Burn
20.00 – 20.45	BodyStep
20.00 – 20.30	Sprint (Virtual)

### Thursday

07.00 – 07.45	RPM (Virtual)
08.00 – 08.40	The Trip (Virtual)
09.15 – 10.15	BodyBalance
09.15 – 10.00	Group Cycle
09.15 – 10.00	Aqua
09.30 – 10.30	Legs, Bums & Tums
10.15 – 11.00	Core (Virtual)
10.20 – 11.00	The Trip
10.30 – 11.30	Pilates
11.15 – 12.15	BodyCombat (Virtual)
12.30 – 13.15	Group Cycle
12.30 – 13.15	Sh'Bam (Virtual)
15.30 – 16.15	RPM (Virtual)
18.00 – 19.00	Pilates
18.30 – 19.30	BodyPump
19.15 – 20.00	Core

19.15 – 20.00	Group Cycle
19.15 – 20.00	Aqua
19.45 – 20.45	BodyBalance
20.15 – 20.55	The Trip

#### Friday

07.00 – 07.45	RPM (Virtual)
07.00 – 08.00	Pilates
08.00 – 08.45	Group Cycle
08.15 – 09.00	BodyPump (Virtual)
09.15 – 09.55	The Trip (Virtual)
09.30 – 10.15	Core
10.30 – 11.30	BodyCombat
12.00 – 12.45	BodyPump
13.00 – 14.00	BodyBalance (Virtual)
13.00 – 13.45	RPM (Virtual)
15.30 – 16.10	The Trip (Virtual)
17.15 – 17.55	The Trip (Virtual)
18.05 – 18.50	Bounce & Burn
19.00 – 19.45	Group Cycle
19.00 – 19.45	BodyPump (Virtual)

#### Saturday

07.15 – 07.55	The Trip (Virtual)
08.45 – 09.30	Group Cycle
09.00 – 09.45	Bounce & Burn
09.45 – 10.25	The Trip (Virtual)
10.00 – 10.45	BodyPump
11.00 – 11.45	BodyStep
12.00 – 13.00	BodyBalance (Virtual)
13.00 – 13.45	RPM (Virtual)
15.30 – 16.15	RPM (Virtual)
16.00 – 17.00	BodyPump (Virtual)
17.00 – 17.45	BodyCombat (Virtual)
17.30 – 18.10	The Trip (Virtual)

#### Sunday

08.00 – 08.45	RPM (Virtual)
09.00 – 10.00	BodyPump
10.00 – 10.45	Group Cycle
10.15 – 11.15	BodyCombat
11.20 – 12.00	BodyBalance
11.30 – 12.00	GRIT Strength
12.15 – 12.55	The Trip
12.15 – 13.15	BodyBalance (Virtual)

13.15 – 14.00	RPM (Virtual)
15.30 – 16.15	RPM (Virtual)
16.00 – 16.45	BodyCombat (Virtual)
17.00 – 17.45	Sh'Bam (Virtual)
17.30 – 18.10	The Trip (Virtual)