


CYCLE STUDIO

GROUP FITNESS TIMETABLE

JULY VERSION 3.0

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	RPM	Group Cycle	Sprint	Sprint	RPM		
7:05AM		Sprint			RPM	RPM	
9:15AM	Spin		Sprint		Sprint	RPM	RPM
10:15AM	RPM					Sprint	
12:15PM		RPM					RPM
5:15PM	Group Cycle	Sprint		Sprint	Sprint		
6:15PM	Cycle Epress	RPM	RPM		Group Cycle		
7:15PM	Sprint	RPM	Sprint				

 Virtual class

CONNECT 30- GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM	Aerobic		Resistance		Speed		
7:00AM		Bodyweight		Power			
9:00AM		Bodyweight				Social	
12:00PM	Aerobic		Resistance		Speed		
12:30PM		Bodyweight		Power			
4:30PM				Power			
5:30PM	Aerobic		Resistance		Speed		
6:30PM		Bodyweight		Power			



SCAN THE QR CODE TO VIEW THE CLASS DESCRIPTIONS



GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump		BodyCombat	Core	Boxing		
7:10AM	Core	BodyBalance	BodyPump	BodyCombat	Dance		
8:10AM		Momentum		Momentum		BodyPump	BodyAttack
9:30AM	BodyStep		Dance	Pilates	Core&More	Core&More	Sh'bam
11:30AM	SOYF		Prime Movers		SOYF		
12:30PM	BodyPump	Pilates	BodyBalance	Core			
4:30PM	Core		BodyBalance	BodyBalance	BodyCombat		
5:30PM	BodyPump	BodyPump	BodyStep	BodyPump	BodyBalance		Core
6:30PM	Pilates	Boxing	Pilates	BodyCombat			
7:30PM	Core	Sh'bam	BodyPump	Boxing			

MULTI PURPOSE STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM			Yoga (Vinyassa)				
8:05AM	Yoga (Power Flow)	Tai Chi					
9:30AM		Yoga (Kundalina)		Yoga (Vinyassa)	Tai Chi		
10:30AM						Yoga (Vinyassa)	
12:00PM			Yoga (Power Flow)				
4:00PM							Yoga (Yin)
6:15PM	Yoga (Vinyassa)	Yoga (Power Flow)	Yoga (Hatha)		Yoga (Vinyassa)		
7:15PM		Yoga (Yin)		Yoga (Yin)			

REFORMER STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM	Reformer				Reformer		
7:15AM		Reformer		Reformer	Reformer		
8:15AM	Reformer	Reformer		Reformer Beginner		Reformer	
9:15AM	Reformer Beginner	Reformer	Reformer	Reformer		Reformer	
10:15AM	Reformer	Reformer		Reformer	Reformer Beginner	Reformer Beginner	
12:15PM	Reformer						
4:30PM							
5:30PM	Reformer		Reformer Beginner				
6:30PM		Reformer	Reformer	Reformer			
7:30PM		Reformer Beginner					

AQUA

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM	Aqua Movers	Aqua Movers	Aqua Deep		Aqua Movers		
9:30AM	Aqua Movers	Aqua Movers	Aqua Movers	Warm Aqua	Aqua Movers	Warm Aqua	
10:30AM	Aqua Movers	Aqua Movers	Warm Aqua	Aqua Movers	Aqua Movers	Warm Aqua	
11:30AM		Warm Aqua					
7:30PM		Aqua Movers	Aqua Movers				

Classes held in the Warm Water Exercise Pool



DOWNLOAD THE ACTIVE WORLD APP TO BOOK YOUR GROUP FITNESS CLASSES

Virtual class All Access classes Reformer-39