

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS	ABD			FREE FIT	ABD		
		DIET SUSPENSION TRAINING						
		DIET SUSPENSION TRAINING						
07:00 - 07:20	XPRESS		RADIKAL					
07:00 - 08:00	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
	LIVE		BODY COMBAT		BODY PUMP (R)	BODY COMBAT		
07:15 - 08:00	CYCLING	CYCLING (R)		CYCLING (R)				
08:00 - 08:15	XPRESS				FREE FIT			
08:00 - 08:45	CYCLING				CYCLING (R)			
	LIVE		GAP 45'					
08:00 - 09:00	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
	LIVE	BODY PUMP (R)		PILATES		BODY PUMP (R)		
08:30 - 08:45	XPRESS		DIET SUSPENSION TRAINING	ABD		ABD		
08:30 - 08:50	XPRESS	RADIKAL						
09:00 - 10:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:15 - 09:30	XPRESS	FREE FIT	ABD		DIET SUSPENSION TRAINING		ABD	ABD
09:15 - 09:35	XPRESS			RADIKAL		RADIKAL		
09:15 - 10:15	LIVE			BODY PUMP (R)				
09:30 - 10:15	LIVE	PILATES						
09:30 - 10:30	LIVE		YOGA					
10:00 - 11:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15 - 11:15	LIVE						BODY PUMP (R)	
10:30 - 11:30	LIVE							PILATES
10:45 - 11:00	XPRESS	FREE FIT		DIET SUSPENSION TRAINING		ABD		DIET SUSPENSION TRAINING
		ABD						
10:45 - 11:05	XPRESS		RADIKAL				RADIKAL	
11:00 - 12:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15 - 12:15	LIVE						BODY COMBAT	
11:30 - 12:30	LIVE							ZUMBA
12:00 - 13:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12:15 - 12:30	XPRESS	DIET SUSPENSION TRAINING	FREE FIT	ABD		ABD	ABD	
12:15 - 12:35	XPRESS				RADIKAL			RADIKAL
13:00 - 14:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14:00 - 14:15	XPRESS	ABD		DIET SUSPENSION TRAINING	ABD			
14:00 - 14:20	XPRESS		RADIKAL			RADIKAL		
14:00 - 14:45	LIVE	BODY PUMP (R)	STEP					
14:00 - 15:00	40°	YOGA 40° (R)		YOGA 40° (R)		YOGA 40° (R)		

14:15 - 15:00	CYCLING	CYCLING (R)	CYCLING (R)	CYCLING (R)	CYCLING (R)			
	LIVE			ZUMBA	PILATES	BODY PUMP (R)		
	XPRESS			DUET RUNNERS				
14:15 - 15:15	VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	
14:30 - 14:45	XPRESS		DUET SUSPENSION TRAINING		DUET SUSPENSION TRAINING			
14:30 - 14:50	XPRESS	RADIKAL						
14:45 - 15:05	XPRESS			RADIKAL				
14:45 - 15:30	LIVE	BODY COMBAT	PILATES					
15:00 - 15:15	XPRESS	DUET SUSPENSION TRAINING	ABD			ABD		
15:00 - 15:45	LIVE			BODY PUMP (R)	ZUMBA	DUET CARDIO HIIT		
15:00 - 16:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	
15:15 - 15:30	XPRESS			ABD				
15:15 - 15:35	XPRESS				RADIKAL			
15:30 - 15:45	XPRESS	ABD	FREE FIT					
16:00 - 17:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16:15 - 16:30	XPRESS						FREE FIT	
17:00 - 18:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:15 - 17:30	XPRESS						ABD	
17:45 - 18:30	LIVE			GAP 45'				
18:00 - 18:15	XPRESS		ABD	FREE FIT	ABD	DUET SUSPENSION TRAINING		ABD
18:00 - 18:20	XPRESS	RADIKAL					RADIKAL	
18:00 - 18:45	LIVE	PILATES			BODY PUMP (R)	GAP 45'		
18:00 - 19:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
	LIVE							BODY PUMP (R)
18:15 - 19:00	LIVE		BODY COMBAT					
18:30 - 19:00	40°		CORE 40° (R)					
18:30 - 19:15	LIVE			ZUMBA				
18:30 - 19:30	LIVE						YOGA	
18:45 - 19:30	LIVE	BODY PUMP (R)			PILATES	YOGA		
18:45 - 19:45	40°	YOGA 40° (R)			YOGA 40° (R)			
19:00 - 19:15	XPRESS	ABD		ABD	DUET SUSPENSION TRAINING	FREE FIT		
19:00 - 19:20	XPRESS		RADIKAL					
19:00 - 19:45	LIVE		GLAM DANCE					
	CYCLING		CYCLING (R)	CYCLING (R)				
19:00 - 20:00	VIRTUAL				CYCLING VIRTUAL			
19:15 - 20:00	LIVE			STEP				
19:15 - 20:15	40°		YOGA 40° (R)					
19:30 - 20:15	LIVE	BODY COMBAT						
19:45 - 20:30	CYCLING	CYCLING (R)			CYCLING (R)			
	LIVE				ZUMBA	BODY PUMP (R)		

20:00 - 20:15	XPRESS		DUET SUSPENSION TRAINING	ABD		DUET SUSPENSION TRAINING		
				ABD				
20:00 - 20:20	XPRESS	RADIKAL			RADIKAL			
20:00 - 20:30	40°				CORE 40° (R)			
20:00 - 20:45	LIVE		PILATES	BODY PUMP (R)				
	40°	YOGA 40° (R)						
20:00 - 21:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
20:15 - 21:15	VIRTUAL			CYCLING VIRTUAL				
20:30 - 21:15	LIVE	ZUMBA			BODY COMBAT			
	VIRTUAL				CYCLING VIRTUAL			
20:30 - 21:30	40°		YOGA 40° (R)					
20:45 - 21:30	LIVE		BODY PUMP (R)	BODY COMBAT				
21:00 - 22:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				
21:15 - 21:30	XPRESS	DUET SUSPENSION TRAINING	ABD	DUET SUSPENSION TRAINING	FREE FIT			
21:15 - 21:35	XPRESS					RADIKAL		