

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING	8:00 - 12:00	7:00 - 7:30 SPIN STUDIO	SPIN BEGINNERS	7:00 - 7:30 SPIN STUDIO	HIIT	6:30 - 7:00 SPIN STUDIO	SPIN	9:30 - 10:00 STUDIO	CIRCUITS	7:00 - 7:30 SPIN STUDIO	SPIN	9:15 - 10:00 SPIN STUDIO	SPIN	9:15 - 10:00 STUDIO	BOOTCAMP	
		7:30 - 8:00 SPIN STUDIO	SPIN	7:30 - 8:00 SPIN STUDIO	SPIN	7:30 - 8:00 STUDIO	LBT	10:15 - 10:45 SPIN STUDIO	SPIN	7:30 - 8:00 SPIN STUDIO	SPIN BEGINNERS	10:05 - 11:05 STUDIO	BODY COMBAT	10:05 - 10:50 SPIN STUDIO	SPIN	
		9:30 - 10:30 STUDIO	BODY BALANCE	9:30 - 10:15 STUDIO	CIRCUITS	9:30 - 10:30 STUDIO	FITNESS YOGA			9:30 - 10:30 STUDIO	PB KICKBOXING	11:00 - 12:00 STUDIO	YOGA	11:00 - 11:30 GYM FLOOR	BOOTY BUILDER	
						10:35 - 11:20 STUDIO	BOOT CAMP								11:30 - 12:00 GYM FLOOR	RIG FIT
DAYTIME	12:00 - 17:00	12:00 - 12:20 GYM FLOOR	STRETCH	12:00 - 12:20 GYM FLOOR	TRX	12:00 - 12:20 GYM FLOOR	SQUAT SCHOOL	12:00 - 12:20 GYM FLOOR	STRETCH	12:00 - 12:20 GYM FLOOR	TRX	14:00 - 14:45 STUDIO	VIRTUAL POWER MUSIC BOOT 19	14:00 - 14:45 STUDIO	VIRTUAL BEACH BODY INSANITY	
		13:00 - 13:20 GYM FLOOR	RIG FIT	13:00 - 13:20 GYM FLOOR	ABS BLAST	13:00 - 13:20 GYM FLOOR	RIG FIT	13:00 - 13:20 GYM FLOOR	ABS BLAST	13:00 - 13:20 GYM FLOOR	RIG FIT					
		14:00 - 14:45 STUDIO	VIRTUAL POWER MUSIC RIP	14:00 - 14:45 STUDIO	VIRTUAL POWER MUSIC POWER STEP	14:00 - 14:45 STUDIO	VIRTUAL ZUMBA	14:00 - 14:45 STUDIO	VIRTUAL BEACH BODY PLYO	14:00 - 14:45 STUDIO	VIRTUAL POWER MUSIC WAR					
EVENING	17:00 - 21:00	18:00 - 18:45 STUDIO	ULTRA FIT	17:30 - 18:15 SPIN STUDIO	SPIN	18:00 - 18:45 STUDIO	PB KICKBOXING	17:30 - 18:15 STUDIO	P90X	17:45 - 18:30 STUDIO	HIIT TRAINING					
		18:45 - 19:45 STUDIO	ZUMBA	18:25 - 18:55 STUDIO	HIIT TRAINING	19:00 - 20:00 STUDIO	BODY PUMP	18:30 - 19:15 SPIN STUDIO	SPIN	18:30 - 19:15 STUDIO	BARBELL BASICS					
		19:00 - 19:30 SPIN STUDIO	SPIN	19:00 - 20:00 STUDIO	BODY PUMP	20:05 - 21:05 STUDIO	PILATES	19:35 - 20:35 STUDIO	ZUMBA	19:30 - 20:14 STUDIO	VIRTUAL FIGHT CHALLENGE					
		19:45 - 20:30 STUDIO	LBT	20:05 - 21:05 STUDIO	YOGA											



- **CARDIO**
- **STRENGTH**
- **COMBAT**
- **VIRTUAL**
- **INTERVAL**
- **MIND & BODY**
- **DANCE**

wexer
VIRTUAL

REMEMBER WE HAVE WEXER VIRTUAL ON DEMAND CLASSES, AVAILABLE 24/7 FOR YOU TO PUT A CLASS ON WHENEVER YOU LIKE. CLASSES SUCH AS, SPIN, PIYO, ZUMBA, WAR, FIGHT, PILATES, STEP, HIIT, INSANITY SIMPLY AT THE TOUCH OF A BUTTON.