

# TIMETABLE

3 MAY – 9 MAY

ALL CLASSES ARE SUBJECT TO CHANGE PLEASE CHECK ONLINE

STUDIO 2								
TIME	MONDAY 3 MAY	TUESDAY 4 MAY	WEDNESDAY 5 MAY	THURSDAY 6 MAY	FRIDAY 7 MAY	TIME	SATURDAY 8 MAY	SUNDAY 9 MAY
5:30AM	BODYPUMP 30 (V)	BODYPUMP 30 (V)	BODYPUMP 30 (V)	BODYPUMP 30 (V)	GRIT STRENGTH	7:15AM	GRIT STRENGTH	GRIT STRENGTH (V)
6:10AM	BODYPUMP	BODYPUMP	BODYPUMP	BODYPUMP	BODYPUMP	8:10AM	BODYPUMP/CORE	BODYPUMP 45
7:10AM	CXWORX	BODYBALANCE	BODYBALANCE	YOGA	GRIT STRENGTH	9:00AM		CORE
7:45AM	BODYBALANCE				CORE	9:10AM	BODYPUMP	
8:10AM		CORE	CORE	TONE		9:30AM		BODYSTEP
9:10AM	BODYPUMP	BODYPUMP/CORE	BODYPUMP	BODYPUMP/CORE	BODYPUMP	10:10AM	GRIT STRENGTH	
10:10AM	BODYSTEP	BODYBALANCE	BODYSTEP	BODYCOMBAT	GRIT CARDIO	10:15AM		STRETCH
11:10AM	YOGA	BODYCOMBAT	YOGA	BODYBALANCE	YOGA	11:10AM	BODYPUMP	BODYPUMP
12:10PM	BODYPUMP/CORE	YOGA	BODYPUMP	BODYPUMP/CORE	BODYPUMP	12:10PM	YOGA	BODYBALANCE
1:10PM	BODYBALANCE	BODYPUMP/CORE	BODYBALANCE	TONE	BODYBALANCE	1:15PM	BODYPUMP 45 (V)	BODYPUMP (V)
2:15PM	BODYPUMP (V)	BODYPUMP 30 (V)	BODYPUMP 30 (V)	BODYPUMP 30 (V)	BODYPUMP 30 (V)	2:00PM	CORE (V)	CORE (V)
4:10PM	BODYPUMP	BODYPUMP/CORE	BODYPUMP	BODYATTACK	GRIT STRENGTH	3:10PM	BODYBALANCE	
5:10PM	BODYJAM	BODYATTACK	BODYCOMBAT	BODYPUMP	BODYATTACK/CORE	4:10PM	BODYCOMBAT	
6:10PM	BODYATTACK/CORE	BODYPUMP	BODYJAM	BODYBALANCE	BODYPUMP	4:30PM		LIVE GRIT STREAM
7:10PM	BODYPUMP 45	BODYBALANCE 45	BODYPUMP 45	BODYCOMBAT 45	CORE (V)	5:10PM	BODYPUMP	
8:00PM	BODYBALANCE	CORE	CORE (V)	CORE (V)				

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GRIT STUDIO								
TIME	MONDAY 3 MAY	TUESDAY 4 MAY	WEDNESDAY 5 MAY	THURSDAY 6 MAY	FRIDAY 7 MAY	TIME	SATURDAY 8 MAY	SUNDAY 9 MAY
5:30AM								
5:45AM	GRIT STRENGTH	GRIT CARDIO	GRIT ATHLETIC	GRIT STRENGTH				
6:30AM	GRIT CARDIO	GRIT ATHLETIC	GRIT STRENGTH	GRIT ATHLETIC				
7:10AM	GRIT STRENGTH	GRIT STRENGTH	GRIT CARDIO	GRIT STRENGTH				
12:05PM	GRIT CARDIO	GRIT STRENGTH	GRIT CARDIO	GRIT STRENGTH				
4:10PM								
4:30PM	GRIT STRENGTH	GRIT ATHLETIC	GRIT STRENGTH	GRIT ATHLETIC				
5:20PM	GRIT CARDIO	GRIT STRENGTH	GRIT ATHLETIC	GRIT STRENGTH				
6:00PM	GRIT STRENGTH	GRIT CARDIO	GRIT STRENGTH	GRIT STRENGTH				

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CYCLE STUDIO								
TIME	MONDAY 3 MAY	TUESDAY 4 MAY	WEDNESDAY 5 MAY	THURSDAY 6 MAY	FRIDAY 7 MAY	TIME	SATURDAY 8 MAY	SUNDAY 9 MAY
5:10AM		THE TRIP (V)		THE TRIP (V)				
5:15AM	SPRINT (V)		SPRINT (V)					
6:10AM	THE TRIP	RPM	RPM	RPM				
7:10AM	SPRINT	RPM	THE TRIP	SPRINT				
9:30AM	RPM	THE TRIP	RPM	THE TRIP				
10:30AM	RPM (V)	RPM (V)	RPM (V)	RPM (V)				
11:30AM	SPRINT (V)	SPRINT (V)	SPRINT (V)	SPRINT (V)				
12:10PM	SPRINT	RPM	SPRINT	RPM				
12:50PM	THE TRIP		THE TRIP					
1:10PM		THE TRIP (V)		THE TRIP				
3:30PM	SPRINT (V)	SPRINT (V)	SPRINT (V)	SPRINT (V)				
4:15PM	THE TRIP	THE TRIP	THE TRIP	THE TRIP				
5:20PM	THE TRIP	RPM	THE TRIP	RPM				
6:20PM	RPM (V)	THE TRIP	SPRINT	THE TRIP				
7:20PM	RPM (V)	RPM (V)	RPM (V)	RPM (V)				
8:20PM	SPRINT (V)	SPRINT (V)	SPRINT (V)	SPRINT (V)				