

- = New Class
- = New Time or Location
- = New Instructor
- Z = Available on Zoom

## MONDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM	
06:45 - 07:45	Group Cycle	Dean	Studio 1	Advanced		
08:15 - 09:00	HIIT*	Alex	Studio 3	General		
08:45 - 09:45	Iyengar Yoga	Jackie	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
09:00 - 09:45	BODYPUMP HEAVY™*	●	Venus	Studio 1	General	
09:15 - 10:00	HIIT*	Alex	Studio 3	General		
10:00 - 11:00	Pilates	Farzin	Studio 2	Int/Adv	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
10:00 - 10:45	Group Cycle*	Terry	Studio 1	General		
10:15 - 11:00	Body Sculpt	Heather	Studio 3	General		
10:15 - 11:00	Aqua Aerobics	Ris	Pool	General		
11:00 - 11:45	Body Conditioning*	Simone	Studio 1	General		
12:00 - 12:45	HIIT*	Terry	Studio 3	General		
12:00 - 13:00	Danceworks	Alison	Studio 1	General		
13:05 - 14:05	Stretchworks	Alison	Studio 1	General		
14:00 - 15:00	Pilates Clinic	Jenni	Studio 2	Beg/General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
15:15 - 16:15	Pilates	Marina	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
16:30 - 17:30	Pilates	Marina	Studio 2	Intermediate	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
18:30 - 19:15	Zumba*	Gary	Studio 1	General		
19:00 - 20:00	Hatha Yoga*	Laura	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
19:30 - 20:30	METCON	Joe J	Studio 1	General		
20:00 - 21:00	Pilates*	Laura	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	

## TUESDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM	
06:45 - 07:45	BODYPUMP™	Dean	Studio 1	General		
07:00 - 08:00	Hatha Yoga	Karen	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
08:15 - 09:15	Pilates	Farzin	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
09:00 - 09:45	HIIT	Josh	Studio 3	General		
09:30 - 10:30	BODYPUMP™*	Venus	Studio 1	General		
09:30 - 10:30	Legs, Bums & Tums	Heather	Studio 2	General		
10:15 - 11:00	Aqua Dance	Farzin	Pool	General		
10:45 - 11:45	Hatha Yoga Flow	Tallulah	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
10:45 - 11:30	DanceFit*	Venus	Studio 1	General		
12:00 - 13:00	Advanced Stretchworks	Alison	Studio 1	Advanced		
12:00 - 13:15	Tai Chi	Yuka	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
13:05 - 14:05	Stretchworks	Alison	Studio 1	General		
13:30 - 14:30	Pilates	Marina	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
14:45 - 15:45	Pilates	Marina	Studio 2	Intermediate	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
16:00 - 17:00	Pilates	Marina	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>	
18:30 - 19:15	HIIT*	Alex	Studio 3	General		
18:30 - 19:15	Aqua Aerobics*	Simone	Pool	General		
18:30 - 19:15	Group Cycle	Dean	Studio 1	General		
18:45 - 19:45	Yin Yoga	●	Raimonda	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>
19:30 - 20:15	Body Conditioning*	Simone	Studio 1	General		
20:00 - 21:00	Sound Bath	Raimonda	Studio 2	General		
20:30 - 21:00	Night-Owl Cardio Blast*	Simone	Studio 1	General		

## WEDNESDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
07:00 - 08:00	Yin Yoga	Raj	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>
08:00 - 08:45	Group Cycle*	Terry	Studio 1	General	
09:00 - 10:00	Pilates	Farzin	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>
09:00 - 09:45	HIIT*	Alex	Studio 3	General	
09:15 - 10:00	Group Fight®*	Venus	Studio 1	General	
10:00 - 10:45	Body Sculpt	Heather	Studio 3	General	
10:15 - 11:15	Advanced Stretchworks	Alison	Studio 1	Advanced	
10:15 - 11:00	H2O	Farzin	Pool	General	
10:50 - 11:50	Yoga Flow	Heather	Studio 2	General	
11:20 - 12:20	Danceworks	Alison	Studio 1	General	
12:00 - 13:00	Pilates	Marina	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>
12:15 - 13:00	HIIT	Joe	Studio 3	General	
12:30 - 13:30	BODYPUMP HEAVY™*	Venus	Studio 1	General	
13:00 - 14:00	Core Cocktail	Michaela	Studio 2	General	<span style="color: blue; border: 1px solid blue; border-radius: 50%; padding: 2px;">Z</span>

Please Note: Junior members may only attend classes marked with an asterisk \* (this may not include cover instructors)

WEDNESDAY  
(CONTINUED)

13:40 - 14:40	Stretchworks	Alison	Studio 1	General	
14:00 - 15:15	Somatic Slow Flow Yoga	Michaela	Studio 2	General	🔗
15:30 - 16:30	Pilates	Marina	Studio 2	General	🔗
18:30 - 19:15	Zumba*	Gary	Studio 1	General	
19:00 - 20:00	Calisthenics Fundamentals*	Milos	Studio 3	Beginner	
20:00 - 21:00	Pilates Fundamentals*	Angeliki	Studio 2	Beginner	🔗
20:00 - 21:00	Calisthenics Challenge*	Milos	Studio 3	Advanced	

THURSDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
06:45 - 07:30	BODYPUMP HEAVY™*	Venus	Studio 1	General	
07:00 - 08:00	Hatha Yoga	Karen	Studio 2	General	🔗
08:15 - 09:15	Pilates Sculpt	Farzin	Studio 2	General	🔗
09:00 - 09:45	Group Cycle*	Terry	Studio 1	General	
09:15 - 10:00	H2O	Peter	Pool	General	
10:00 - 11:00	Yoga Barre	Karen	Studio 2	General	🔗
10:00 - 10:45	50/50*	Simone	Studio 1	General	
11:00 - 11:45	BODYPUMP™	Sophie	Studio 1	General	
11:00 - 11:45	Aqua Aerobics*	Simone	Pool	General	
11:05 - 12:05	Hatha Yoga	Karen	Studio 2	General	🔗
12:00 - 12:45	DanceFit*	Venus	Studio 1	General	
12:30 - 13:45	Tai Chi	Yuka	Studio 2	General	🔗
13:00 - 14:00	Stretchworks	Alison	Studio 1	General	
14:00 - 15:00	Pilates	Shanti	Studio 2	General/Int	🔗
14:15 - 15:00	Calisthenics*	● Milos	Studio 3	General	
15:00 - 16:00	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	🔗
18:30 - 19:15	Move & Groove	Ellie	Studio 1	General	
18:45 - 19:45	Pilates	Jenni	Studio 2	Intermediate	🔗
20:00 - 21:00	Hatha Yoga Slow Flow	Tallulah	Studio 2	General	🔗
20:00 - 21:00	Calisthenics Basics	Jill	Studio 3	Beginners	

FRIDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
06:15 - 07:00	HIIT*	Terry	Studio 1	General	
08:30 - 09:30	Stretch & Tone	Karen	Studio 2	General	🔗
09:00 - 09:45	BODYPUMP HEAVY™*	Venus	Studio 1	General	
09:45 - 11:00	Intermediate Yoga	Michaela	Studio 2	Int/Avd	🔗
10:00 - 10:45	Zumba*	Gary	Studio 1	General	
10:00 - 10:45	Aqua Aerobics*	Simone	Pool	General	
11:00 - 11:45	Group Cycle*	Terry	Studio 1	General	
11:15 - 12:15	Yoga Basics	Michaela	Studio 2	Beg/General	🔗
12:00 - 13:00	Group Fight®*	Venus	Studio 1	General	
12:30 - 13:30	Pilates*	Laura	Studio 2	General	🔗
13:15 - 14:00	Group Cycle*	Terry	Studio 1	General	
14:00 - 15:00	Pilates	Shanti	Studio 2	Beg/General	🔗
15:00 - 16:00	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	🔗
16:00 - 17:00	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	🔗
19:00 - 20:00	Restorative Yoga	Karen	Studio 2	Beg/General	🔗

SATURDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
08:15 - 09:15	Pilates	Shanti	Studio 2	Beginner	🔗
09:30 - 10:30	Pilates	Shanti	Studio 2	Intermediate	🔗
10:00 - 10:45	Hi/Lo*	Simone	Studio 1	General	
11:00 - 12:00	Dynamic Yoga	Karen	Studio 2	General	🔗
11:00 - 11:45	Step*	Simone	Studio 1	General	
12:05 - 12:50	BODYPUMP™	Mari	Studio 1	General	
12:05 - 13:05	Yoga Barre	Karen	Studio 2	General	🔗
16:00 - 17:00	Power Vinyasa Yoga Flow	Samanta	Studio 2	General	🔗

SUNDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
09:00 - 10:00	BODYPUMP™	Dean	Studio 1	General	
09:00 - 10:00	Pilates Fundamentals	Pilar	Studio 2	Beginners	🔗
10:15 - 11:00	Body Conditioning	Dean	Studio 1	General	
10:15 - 11:15	Pilates	Pilar	Studio 2	General	🔗
11:15 - 12:00	Hi/Lo, Core & More*	Simone	Studio 1	General	
17:15 - 18:30	Yin Yoga & Guided Meditation	Raimonda	Studio 2	General	🔗
18:45 - 19:45	Sound Bath	● Raimonda	Studio 2	General	

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