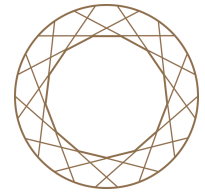




GROUP CLASSES

SEPTEMBER-DECEMBER

Fall edition



MONDAY

08.00 - 08.45 TRX CIRCUITS
09.15 - 10.00 RIDE
09.15 - 10.00 MAT PILATES
10.15 - 11.00 BARRE
11.30 - 12.15 BIKINI BODY
12.30 - 13.15 RED INTENSITY TRAINING
13.30 - 14.00 STRETCHING
16.00 - 16.45 BOOTCAMP 2.0
18.15 - 19.15 SMART FLOW YOGA
18.15 - 19.15 REFORMER CIRCUITS
19.15 - 20.00 COND CIRCUITS
19.30 - 20.15 MAT PILATES
20.15 - 21.00 RUMBLE HIIT BOXING

SATURDAY

09.15 - 10.00 COND CIRCUITS
10.00 - 11.00 HATHA FLOW
10.15 - 10.45 RIDE
11.15 - 12.00 RUMBLE HIIT BOXING
14.30 - 15.15 TRX CIRCUITS
16.30 - 17.30 TRADITIONAL YOGA
17.00 - 17.45 BOOTCAMP
18.00 - 18.45 RIDE

TUESDAY

08.00 - 08.45 RIDE
08.00 - 08.45 MAT PILATES
09.15 - 10.00 RIDE
10.15 - 11.00 LEGS, BUMS & TUMS
11.30 - 12.15 ULTIMATE SLIM LEG
12.00 - 12.45 TRX PILATES
12.30 - 13.15 RUMBLE HIIT BOXING
18.00 - 18.45 RUMBLE HIIT BOXING
18.15 - 19.15 AERIAL FITNESS
18.15 - 19.15 REFORMER CIRCUITS
19.00 - 19.45 STEP CIRCUITS
19.15 - 20.00 RED INTENSITY TRAINING
19.30 - 20.30 REFORMER CIRCUITS
19.30 - 20.15 RIDE
20.15 - 21.00 RED INTENSITY TRAINING

WEDNESDAY

08.00 - 08.45 H.I PILATES
09.15 - 10.00 RIDE
09.15 - 10.15 REFORMER CIRCUITS
10.15 - 11.00 BOOTCAMP 2.0
10.30 - 11.30 REFORMER CIRCUITS
11.30 - 12.30 DONNA METHOD
12.00 - 13.00 REFORMER CIRCUITS
12.30 - 13.15 MAT PILATES
17.00 - 17.45 TRX CIRCUITS
18.15 - 19.15 DONNA METHOD
18.30 - 19.15 RUMBLE HIIT BOXING
19.30 - 20.30 YIN YOGA
19.30 - 20.15 RIDE
20.45 - 21.15 STRETCHING

THURSDAY

08.00 - 08.45 RIDE
09.00 - 09.45 H.I PILATES
09.15 - 10.00 RIDE
11.30 - 12.30 YOGA PILATES FLOW
11.30 - 12.15 BIKINI BODY
12.30 - 13.15 RED INTENSITY TRAINING
13.30 - 14.00 STRETCHING
14.15 - 15.00 BARRE
16.30 - 17.15 BOOTCAMP 2.0
18.00 - 18.45 RUMBLE HIIT BOXING
18.30 - 19.15 RIDE
18.30 - 19.15 ZUMBA
19.15 - 20.00 RED INTENSITY TRAINING
19.30 - 20.30 REFORMER CIRCUITS
20.15 - 21.00 COND CIRCUITS

FRIDAY

08.00 - 09.00 REFORMER CIRCUITS
09.00 - 09.45 RUMBLE HIIT BOXING
09.15 - 10.00 RIDE
09.15 - 10.15 VINYASA FLOW
10.30 - 11.15 MAT PILATES
12.30 - 13.15 BOOTCAMP 2.0
12.30 - 13.30 TRADITIONAL YOGA
18.15 - 19.00 TRX CIRCUITS
18.30 - 19.30 REFORMER CIRCUITS
19.15 - 20.00 BOOTCAMP 2.0

SUNDAY

10.30 - 11.15 RIDE
10.30 - 11.15 BOOTCAMP 2.0
11.30 - 12.15 RUMBLE HIIT BOXING
11.30 - 12.30 REFORMER CIRCUITS
12.30 - 13.15 STRETCHING
14.30 - 15.15 TRX CIRCUITS
16:00 - 16:45 BOOTCAMP 2.0

GUIDE

ESTIMATE CALORIC EXPENDITURE/HOUR

- **CYCLING** 350 - 600
- **YOGA/PILATES** 140 - 500
- **HOLISTIC** 240 - 420
- **CARDIO/HIGH INTENSITY** 420 - 630

• CLASSES ARE SUBJECT TO CHANGE DUE TO VARIOUS CIRCUMSTANCES
 • PLEASE CONTINUE TO CHECK THE 39 APP FOR ANY AMENDMENTS MADE TO THE SCHEDULE.

CLUB HOURS: 7:00-22:00 WEEKENDS & HOLIDAYS: 9:00-19:00