Virtual Timetable 2024

| MONDAY | TUESDAY | WEDNESDAY |  | THURSDAY |  | FRIDAY |  | SATURDAY |  | SUNDAY |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 6:45am Sprint ( 30 mins ) | $\begin{gathered} \text { 6.45am } \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{gathered}$ | 6:45am Body Pump ( 60 mins ) | 6:45am Sprint 28 (30) |  | $\begin{gathered} \text { 6.45am } \\ \text { Sprint } \\ (30 \mathrm{mins}) \\ \hline \end{gathered}$ | 6:45am Body Combat ( 60 mins ) | 6:45am Sprint 32 30 mins | 6:45am Body Pump ( 60 mins ) | $\begin{array}{r} \text { 6.45am } \\ \text { The Trip } \\ \text { (45 mins) } \end{array}$ | 6.45am Body balance 60 mins | $\begin{array}{r} \text { 6:45am } \\ \text { Trip } \\ \text { (45 mins) } \end{array}$ |
| $\begin{array}{r} \text { 8:00am } \\ \text { Trip } \\ \text { (40 mins) } \end{array}$ | 6:45am Body Pump ( 60 mins ) |  | $\begin{gathered} \text { 8:00am } \\ \text { Sprint } \\ (30 \text { mins }) \end{gathered}$ | 6:45am Body Pump ( 60 mins ) |  |  | $\begin{array}{r} 8: 00 \mathrm{am} \\ \text { Sprint } 26 \\ \text { (45 mins) } \end{array}$ |  | $\begin{array}{r} 8.00 \mathrm{am} \\ \text { RPM } \\ (30 \mathrm{mins}) \end{array}$ |  |  |
| $\begin{aligned} & \hline \text { 8:15am } \\ & \text { Core } \\ & (30 \mathrm{mins}) \\ & \hline \end{aligned}$ | 8:00am RPM (45 mins) | $\begin{aligned} & \text { 8:15am } \\ & \text { Grit Cardio } \end{aligned}$ $(30 \mathrm{mins})$ |  |  | $\begin{array}{r} \text { 8:00am } \\ \text { Trip } \\ \text { (45 mins) } \\ \hline \end{array}$ | $\begin{aligned} & \text { 8:15am } \\ & \text { Grit Cardio } \end{aligned}$ $(30 \mathrm{mins})$ |  | 8:00am Grit Cardio (30 mins) | $\begin{array}{r} \hline \text { 09:30am } \\ \text { Sh'bam } \\ \text { (45 Mins) } \\ \hline \end{array}$ |  | $\begin{gathered} \text { 8:00am } \\ \text { The Trip } \\ \text { (45 mins) } \end{gathered}$ |
|  | 8:00am <br> Grit Cardio <br> (30 mins) |  | $\begin{array}{r} \text { 10:30am } \\ \text { RPM } \\ (30 \mathrm{mins}) \end{array}$ | 8:15am <br> Core <br> (30 mins) |  | 9:40am <br> Sprint 32 <br> (30mins) | 10:30am <br> The Trip (45 mins) |  | $\begin{array}{r} 9.00 \mathrm{am} \\ \text { RPM } \\ (30 \mathrm{mins}) \end{array}$ | 8:00am Core (30 mins) |  |
| $\begin{array}{r} \hline \text { 10:30am } \\ \text { Trip } \\ \text { (40 mins) } \end{array}$ |  10:30am <br> Sprint <br> $(30 \mathrm{mins})$  |  | $\begin{array}{r} \text { 11:30am } \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{array}$ |  | $\begin{array}{r} \hline \text { 10:30am } \\ \text { RPM } \\ \text { (30 mins) } \end{array}$ |  | $\begin{array}{r} \text { 11:30am } \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{array}$ | 11.30am Body Pump ( 60 mins ) | $\begin{gathered} 11.00 \mathrm{am} \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{gathered}$ | 9.30am Body Pump (645mins) |  |
| $\begin{array}{r} \text { 11:30am } \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{array}$ | 11:15am Core | $\begin{aligned} & \text { 11:30am } \\ & \text { Sh'bam } \\ & \text { (40 mins) } \end{aligned}$ |  | $\begin{aligned} & \hline 11: 15 \mathrm{am} \\ & \text { Core } \\ & (30 \mathrm{mins}) \end{aligned}$ |  | $\begin{aligned} & \hline \text { 11:35am } \\ & \text { Grit Cardio } \end{aligned}$ $(30 \mathrm{mins})$ |  | $\begin{aligned} & \hline 12: 30 \mathrm{pm} \\ & \text { Core } \\ & (30 \text { mins }) \end{aligned}$ |  |  |  |
| $\begin{array}{r} \text { 12:30pm } \\ \text { Trip } \\ \text { ( } 45 \text { mins) } \\ \hline \end{array}$ | $\begin{array}{r} \hline 11: 30 \mathrm{am} \\ \mathrm{RPM} \\ (45 \mathrm{mins}) \\ \hline \end{array}$ |  | $\begin{array}{r} \text { 12:30pm } \\ \text { RPM } \\ (45 \mathrm{mins}) \\ \hline \end{array}$ |  |  |  | $\begin{array}{r} \text { 12:30pm } \\ \text { RPM 99 } \\ (45 \mathrm{mins}) \\ \hline \end{array}$ |  | $\begin{array}{r} \text { 12:45pm } \\ \text { Trip } \\ (40 \text { mins }) \\ \hline \end{array}$ |  | $\begin{array}{r} \hline 11: 30 \mathrm{am} \\ \text { RPM } \\ (30 \mathrm{mins}) \\ \hline \end{array}$ |
| 1:00pm Sh'bam ( 40 mins ) | (30 mins)12:30pm <br> Sprint | 1:00pm <br> Body Combat <br> (50 mins) |  |  | $\begin{array}{r} \hline \text { 12:30pm } \\ \text { Trip } \\ \text { (45 mins) } \\ \hline \end{array}$ | $\begin{aligned} & \hline \text { 12:30pm } \\ & \text { Body Pump } \end{aligned}$ (45 mins) |  | 1:00pm <br> Body Pump <br> ( 60 mins ) |  | 11:30am Sh'bam (45 mins) |  |
| $\begin{array}{r} \text { 2:00pm } \\ \text { RPM } \\ (45 \mathrm{mins}) \end{array}$ | 1:00pm <br> Body Balance <br> ( 60 mins) |  | $\begin{array}{r} 1.45 \mathrm{pm} \\ \text { RPM } \\ (30 \mathrm{mins}) \end{array}$ | 1:00pm <br> Body Pump <br> ( 60 mins ) |  |  |  |  | $\begin{array}{r} \text { 1:30pm } \\ \text { RPM } \\ (45 \mathrm{mins}) \\ \hline \end{array}$ |  | $\begin{array}{r} \hline \text { 12:15am } \\ \text { Trip } \\ \text { (40 mins) } \end{array}$ |
| $\begin{aligned} & \hline \text { 2:30pm } \\ & \text { Body Combat } \\ & \text { ( } 60 \mathrm{mins} \text { ) } \\ & \hline \end{aligned}$ | (45 mins)2:00pm <br> Trip | 2:30pm Body Pump ( 60 mins ) |  |  | $\begin{array}{r} \text { 2:00pm } \\ \text { Sprint } \\ (30 \text { mins }) \\ \hline \end{array}$ | $\begin{aligned} & \hline \text { 2:30pm } \\ & \text { Core } \\ & (30 \mathrm{mins}) \\ & \hline \end{aligned}$ | $\begin{gathered} \text { 2:00pm } \\ \text { The Trip } \\ \text { (45Mins) } \\ \hline \end{gathered}$ | $\begin{aligned} & \hline 2: 30 \mathrm{pm} \\ & \text { Body Combat } \\ & (60 \mathrm{mins}) \\ & \hline \end{aligned}$ |  | 1:15am Body Pump ( 40 mins ) |  |
| $\begin{array}{r} \hline \text { 3:30pm } \\ \text { Trip } \\ \text { (40 mins) } \end{array}$ | 2:30pm Core |  | $\begin{array}{r} \text { 3:30pm } \\ \text { Trip } \\ \text { (45 mins) } \end{array}$ | 3:10pm Sh'bam ( 45 mins ) |  |  | $\begin{array}{r} \text { 3:30pm } \\ \text { Sprint } \\ (30 \text { mins }) \end{array}$ |  | $\begin{array}{r} 2: 35 \mathrm{pm} \\ \text { Trip } \\ (40 \mathrm{mins}) \end{array}$ |  | $\begin{array}{r} \hline \text { 2:00pm } \\ \text { Trip } \\ \text { (45 mins) } \end{array}$ |
| 4:00pm <br> Core <br> (40 mins) | (45 mins)( ${ }^{\text {3/30pm }}$ RPM |  |  |  | $\begin{array}{r} \text { 3:30pm } \\ \text { RPM } \\ (45 \mathrm{mins}) \\ \hline \end{array}$ | $\begin{aligned} & \hline \text { 4:00pm } \\ & \text { Body Combat } \\ & \text { (45 mins) } \\ & \hline \end{aligned}$ |  |  | $\begin{array}{r} \text { 3:30pm } \\ \text { Sprint } \\ (30 \text { mins }) \\ \hline \end{array}$ | 2:30pm Core (45 mins) |  |
| $\begin{array}{r} \text { 5:00pm } \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{array}$ | 4:00pm Sh'bam |  | $\begin{array}{r} \text { 5:00pm } \\ \text { RPM } \\ (30 \mathrm{mins}) \end{array}$ | 4:00pm Grit Cardio <br> ( 30 mins ) |  |  | $\begin{array}{r} \text { 4:15pm } \\ \text { RPM } \\ (30 \text { mins }) \end{array}$ | 4:00pm Body Balance ( 60 mins ) |  |  | $\begin{array}{r} \text { 3:30pm } \\ \text { Sprint } \\ (45 \text { mins }) \end{array}$ |
|  | (30 mins) $\begin{gathered}\text { 5:00pm } \\ \text { Sprint }\end{gathered}$ | 5.00pm <br> Bodybalance <br> 45 mins | $\begin{gathered} \text { 7:00pm } \\ \text { Sprint } 32 \\ (30 \mathrm{mins}) \end{gathered}$ |  | $\begin{array}{r} \text { 5:00pm } \\ \text { Sprint } \\ (30 \text { mins }) \end{array}$ |  | $\begin{array}{r} \text { 5:00pm } \\ \text { RPM } \\ (30 \text { mins }) \end{array}$ |  | $\begin{array}{r} \text { 5:00pm } \\ \text { RPM } \\ (30 \mathrm{mins}) \end{array}$ | 4:00pm Sh'bam (45 mins) |  |
| $\begin{array}{r} 8.00 \mathrm{pm} \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{array}$ | 5:30pm <br> Grit Cardio <br> (30 mins) |  | $\begin{gathered} \text { 8:30pm } \\ \text { Sprint } \\ (30 \mathrm{mins}) \end{gathered}$ |  | $\begin{array}{r} \text { 7:00pm } \\ \text { RPM } \\ \text { ( } 45 \mathrm{mins} \text { ) } \\ \hline \end{array}$ | $\begin{aligned} & \hline \text { 5:00pm } \\ & \text { Body Combat } \\ & \text { (40 mins) } \\ & \hline \end{aligned}$ |  | 5:30pm Body Pump ( 60 mins ) |  |  | $\begin{array}{r} \text { 5:00pm } \\ \text { Sprint } \\ (30 \text { mins }) \\ \hline \end{array}$ |
| 8.45pm Bodypump ( 45 mins ) | $\begin{array}{r} \text { 7:00pm } \\ \text { Trip } \\ (40 \text { mins }) \end{array}$ | 8.45pm Bodypump ( 45 mins ) |  | 7:15pm Core (30 mins) |  | 5.45pm Body Balance ( 45 mins ) |  |  |  |  | $\begin{array}{r} \text { 6:00pm } \\ \text { RPM } \\ (30 \mathrm{mins}) \end{array}$ |
|  | (30 mins)$8: 30 \mathrm{pm}$ <br> Sprint |  |  |  | $\begin{array}{r} \text { 8:30pm } \\ \text { RPM } \\ \text { ( } 45 \mathrm{mins} \text { ) } \\ \hline \end{array}$ |  | $\begin{array}{r} \text { 7:00pm } \\ \text { Trip } \\ \text { (45 mins) } \end{array}$ | 7:00pm Sh'bam (45 mins) |  | 6:15pm Body Pump ( 30 mins ) |  |
|  | 8.45pm <br> Body pump <br> (45 mins) |  |  | 8.45pm Bodypump (45 mins) |  | 8:00pm Sh'bam (40 mins) | $\begin{aligned} & \text { 8:30pm } \\ & \text { Sprint } \\ & \text { ( } 30 \text { Mins) } \\ & \hline \end{aligned}$ |  | $\begin{array}{r} \text { 7:00pm } \\ \text { RPM } \\ (45 \mathrm{mins}) \\ \hline \end{array}$ | 7:00pm Body Combat (45 mins) | 7.00pm The Trip (45 mins) |

