

## **Virtual Class Timetable**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am		6:45am 6:45am		6:45am	6:45am 6.45am	6.45am 6:45am
Sprint		Body Pump RPM		Body Combat	Body Pump The Trip	Body balance Trip
(45 mins) =		(60 mins) (45 mins)		(60 mins)	(60 mins) (45 mins)	60 mins (45 mins)
8:00am	6:45am	8:00am	0.45	8:00am	8.00am	
Trip (40 mins)	Body Pump (60 mins)	Sprint (30 mins)	6:45am Body Pump	Sprint 26 (45 mins)	RPM (30 mins)	
(40 11113)	(00 mms)	(30 mms)	(60 mins)	(45 mms)	(30 mms)	
8:15am	8:00am	8:15am	8:00am	8:15am	8:00am	8:00am
Core	RPM	Grit Cardio	Trip	Grit Cardio	Grit Cardio	The Trip
(30 mins)	(45 mins)	(30 mins)	(45 mins)	(30 mins)	(30 mins)	(45 mins)
	8:00am	10:30am	8:15am	9:40am 10:30am	9.00am	8:00am
	Grit Cardio	RPM	Core	Sprint 32 The Trip	RPM	Core
	(30 mins)	(30 mins)	(30 mins)	(30mins) (45 mins)	(30 mins)	(30 mins)
10:30am	10:30am	11:30am	10:30am	11:30am	11.00am	9.30am
Trip	Sprint	Sprint	RPM	Sprint	Sprint	Body Pump
(40 mins)	(30 mins)	(30 mins)	(30 mins)	(30 mins)	(30 mins)	(645mins)
11:30am	11:15am	11:30am	11:15am	11:35am	12:30pm	
Sprint	Core	Sh'bam	Core	Grit Cardio	Core	
(30 mins)	(30 mins)	(40 mins)	(30 mins)	(30 mins)	(30 mins)	
12:30pm	11:30am	12:30pm		12:30pm	12:45pm	11:30am
Trip (45 mins)	RPM (45 mins)	RPM (45 mins)		RPM 99 (45 mins)	Trip (40 mins)	RPM (30 mins)
1:00pm	12:30pm	1:00pm	12:30pm	12:30pm	1:00pm	11:30am
Sh'bam	Sprint	Body Combat	Trip	Body Pump	Body Pump	Sh'bam
(40 mins)	(30 mins)	(50 mins)	(45 mins)	(45 mins)	(60 mins)	(45 mins)
2:00pm	1:00pm	1.45pm	1:00pm		1:30pm	12:15am
RPM	Body Balance	RPM	Body Pump		RPM	Trip
(45 mins)	(60 mins)	(30 mins)	(60 mins)		(45 mins)	(40 mins)
2:30pm	2:00pm	2:30pm	2:00pm	2:30pm 2:00pm	2:30pm	1:15am
Body Combat (60 mins)	Trip (45 mins)	Body Pump (60 mins)	Sprint (30 mins)	Core The Trip (30 mins) (45Mins)	Body Combat (60 mins)	Body Pump (40 mins)
3:30pm	2:30pm	(60 mms) 3:30pm	3:10pm	(30 mills) (45 mills) 3:30 pm	2:35pm	(40 mms) 2:00pm
Trip	Core	Trip	Sh'bam	Sprint	Trip	Trip
(40 mins)	(45 mins)	(45 mins)	(45 mins)	(30 mins)	(40 mins)	(45 mins)
4:00pm	3:30pm		3:30pm	4:00pm	3:30pm	2:30pm
Core	RPM		RPM	Body Combat	Sprint	Core
(40 mins)	(45 mins)		(45 mins)	(45 mins)	(30 mins)	(45 mins)
5:00pm	4:00pm	5:00pm	4:00pm	4:15pm	4:00pm	3:30pm
Sprint (30 mins)	Sh'bam (45 mins)	RPM (30 mins)	Grit Cardio (30 mins)	RPM (30 mins)	Body Balance (60 mins)	Sprint (45 mins)
(30 mins)	(45 mins) 5:00pm	5.00pm	(30 mins) 5:00pm	5:00pm	(60 mins) 5:00pm	4:00pm
	Sprint	Bodybalance	Sprint	RPM	RPM	Sh'bam
	(30 mins)	45 mins	(30 mins)	(30 mins)	(30 mins)	(45 mins)
8.00pm	5:30pm		7:00pm	5:00pm	5:30pm	5:00pm
Sprint	Grit Cardio		RPM	Body Combat	Body Pump	Sprint
(30 mins)	(30 mins)		(45 mins)	(40 mins)	(60 mins)	(30 mins)
8.45pm Bodynump	7:00pm Trip	7:00pm Sprint 32	7:15pm Core	5.45pm Body Balance		6:00pm RPM
Bodypump (45 mins)	(40 mins)	(30 min)	(30 mins)	(45 mins)		(30 mins)
(	8:30pm	8:30pm	8:30pm	7:00pm	7:00pm	6:15pm
	Sprint	Sprint	RPM	Trip	Sh'bam	Body Pump
	(30 mins)	(30 mins)	(45 mins)	(45 mins)	(45 mins)	(30 mins)
	8.45pm	8.45pm	8.45pm	8:00pm 8:30pm	7:00pm	7:00pm 7.00pm
	Body pump	Bodypump	Bodypump	Sh'bam Sprint	RPM	Body Combat The Trip
	(45 mins)	(45 mins)	(45 mins)	(40 mins) (30 Mins)	(45 mins)	(45 mins) (45 mins)