

Virtual Class Timetable

wexer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Conditioning - Studio	Cycling	Conditioning - Studio	Cycling	Conditioning - Studio	Cycling	Conditioning - Studio
7.15am - 7.50am	7.15am - 8.05am	7.15am - 7.50am	7.15am - 8am	7.15am - 7.50am	7.15am - 8.05am	7.15am - 7.50am
Body Conditioning - Pilates	Group Cycling	Body Conditioning - Lower Body	Group Cycling	Body Conditioning - Cardio	Group Cycling	Body Conditioning - Cardio
On Demand	On Demand	On Demand	On Demand	On Demand	On Demand	On Demand
8.15am - 9.15am	8.15am - 9am	8am - 9am	8.15am - 9.30am	8am - 9.15am	8.15am - 9.15am	8am - 10am
Cycling	Conditioning - Studio	Cycling	Conditioning - Studio	Cycling	Conditioning - Studio	Cycling
12.15pm - 1.05pm	12.15pm - 12.45pm	12.15pm - 1.00pm	12.15pm - 12.50pm	12.15pm - 1.05pm	12.45pm - 1.15pm	12.15pm - 1.05pm
Group Cycling	Body Conditioning - Pilates	Group Cycling	Body Conditioning - Upper Body	Group Cycling	Body Conditioning - Cardio	Group Cycling
On Demand	On Demand	On Demand	On Demand	On Demand	On Demand	On Demand
2.45pm - 4.45pm	1pm - 5pm	1.15pm - 5pm	3pm - 5.15pm	1.15pm - 5pm	1.30pm - 3.45pm	1.15pm - 4.45pm
Mind/Body - Studio	Mind/Body - Studio	Mind/Body - Studio	Mind/Body - Studio	Mind/Body - Studio	Conditioning - Studio	Conditioning - Studio
8.30pm - 8.50pm	8.30pm - 8.50pm	8.30pm - 8.50pm	8.30pm - 8.50pm	7.30pm - 7.50pm	4pm - 4.30pm	5pm - 5.30pm
Mind & Body - Athletic Yoga	Mind & Body - Athletic Yoga	Mind & Body - Athletic Yoga	Mind & Body - Athletic Yoga	Mind & Body - Athletic Yoga	Body Conditioning - Core	Body Conditioning - Cardio
On Demand	On Demand		On Demand	Cycling		
9pm - 10pm	9pm - 10pm		9pm - 10pm	8pm - 8.25pm		
				Group Cycling		