

**GROUP CLASSES OF BODYBUILDING**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MORNING ZONE**

**3D30**  
07:25 - 07:55  
STUDIO: 1

**GROUP CORE**  
07:25 - 07:55  
STUDIO: 1

**TRX**  
07:25 - 07:55  
STUDIO: 3

**R30**  
07:25 - 07:55  
STUDIO: 4

**3D30**  
07:25 - 07:55  
STUDIO: 1

**GROUP POWER**  
08:00 - 09:00  
STUDIO: 1

**GROUP RIDE**  
08:00 - 09:00  
STUDIO: 4

**GROUP ACTIVE**  
08:00 - 09:00  
STUDIO: 1

**TRX**  
08:00 - 09:00  
STUDIO: 3

**GROUP fight**  
08:00 - 09:00  
STUDIO: 1

**GROUP RIDE**  
08:00 - 09:00  
STUDIO: 4

**3D30**  
08:00 - 08:30  
STUDIO: 1

**TRX**  
08:00 - 09:00  
STUDIO: 3

**GROUP POWER**  
08:00 - 09:00  
STUDIO: 1

**Yoga**  
08:00 - 09:00  
STUDIO: 2

**GROUP CORE**  
08:35 - 09:05  
STUDIO: 1

**AFTERNOON ZONE**

**GROUP POWER**  
17:30 - 18:30  
STUDIO: 1

**R30**  
17:30 - 18:00  
STUDIO: 4

**3D30**  
17:30 - 18:00  
STUDIO: 1

**R30**  
17:30 - 18:00  
STUDIO: 4

**3D30**  
18:00 - 18:30  
STUDIO: 1

**GROUP CORE**  
18:00 - 18:30  
STUDIO: 1

**GROUP ACTIVE**  
18:00 - 19:00  
STUDIO: 1

**3D30**  
18:35 - 19:05  
STUDIO: 1

**GROUP BLAST**  
18:35 - 19:35  
STUDIO: 1

**GROUP POWER**  
18:30 - 19:30  
STUDIO: 1

**GROUP fight**  
18:35 - 19:35  
STUDIO: 1

**GROUP CORE**  
19:05 - 19:35  
STUDIO: 1

**TRX**  
19:40 - 20:40  
STUDIO: 3

**GROUP ACTIVE**  
19:35 - 20:35  
STUDIO: 1

**GROUP POWER**  
19:40 - 20:40  
STUDIO: 1