

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING ZONE

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

R30
07:25 - 07:55
STUDIO: 4

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

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 fight
08:00 - 09:00
STUDIO: 1

TRX
08:00 - 09:00
STUDIO: 3

GROUP ACTIVE
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

R30
17:30 - 18:00
STUDIO: 4

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

GROUP RIDE
17:30 - 18:30
STUDIO: 4

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

GROUP CORE
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 RIDE
18:35 - 19:35
STUDIO: 4

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

GROUP POWER
18:35 - 19:35
STUDIO: 1

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

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

GROUP fight
19:40 - 20:40
STUDIO: 1

TRX
19:40 - 20:40
STUDIO: 3

GROUP ACTIVE
19:40 - 20:40
STUDIO: 1

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