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| --- | --- | --- | --- | --- | --- |
| **SPIN****6:45AM****30 MINS** | **FUNCTIONAL FITNESS****6:45AM****30 MINS** | **LBT BLAST****6:45AM****30 MINS** | **HIIT****6:45AM****30 MINS** | **CORE****6:45AM****30 MINS** | **BOOTCAMP****9:00AM****60 MINS** |
| **SPIN****5:30PM****30 MINS** | **CIRCUIT****5:45PM****45 MINS** | **PILATES****5:20PM****40 MINS** | **DANCE FIT****5:30PM****45 MINS** | **WEIGHT’S CIRCUIT****5:30PM****45 MINS** |  |
| **ENDURANCE CIRCUIT** **6:30PM****60 MINS** | **LBT****6:30PM****40 MINS** | **BATTLEROPES****6:30PM****60 MINS** | **KETTLEBELLS****6:20PM****40 MINS** |  |   |

