

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|---------------------------------------|---|------------------------------------|
| Spin With Patrick 07:15- 08:00 | Bodypump With Leah 07:15- 08:00 | Virtual RPM 07:15- 08:00 | Virtual Bodypump 07:15- 08:00 | Virtual Sprit 07:15- -07:45 | Virtual RPM 08:15- 09:00 | Virtual Trip 09:00- 09:45 |
| Virtual Bodypump 07:30- 08:15 | Virtual RPM 07:30- 08:15 | Virtual Bodyattack 07:30- 08:15 | Virtual Trip 07:30- 08:15 | Virtual Grit Cardio 07:30- 08:00 | Virtual Bodypump 09:00- 09:45 | Virtual Bodycombat 10:00- 10:45 |
| Virtual Sprint 08:15- 08:45 | Virtual Bodyattack 08:15- 09:00 | Virtual Sprint 08:15- 08:45 | Virtual Grit Strength 08:15- 08:45 | Virtual RPM 08:15- 09:00 | Virtual Sprint 10:30- 11:00 | Virtual Bodypump 11:00- 11:45 |
| Virtual Grit Strength 12:15- 12:45 | Virtual Trip 12:15- 13:00 | Virtual RPM 12:15- 13:00 | Virtual The Trip 12:15- 13:00 | Virtual Bodypump 12:15- 12:45 | Virtual Bodyattack 12:15- 13:00 | Virtual Sprint 12:15- 12:45 |
| Virtual Sprint 12:30- 13:00 | Virtual Bodypump 12:30- 13:15 | Virtual Bodyattack 12:30- 13:00 | Virtual Bodypump 12:30- 13:00 | Virtual Sprint 12:30- 13:00 |      | |
| Spin With Patrick 17:30- 18:15 | Circuits With Anna 17:30- 18:15 | Virtual Sprint 17:30- 18:00 | Virtual Grit Cardio 17:30-18:00 | Virtual Trip 17:30-18:15 | | |
| Virtual Bodypump 17:30- 18:15 | Spin With Patrick 17:30- 18:15 | Virtual Bodypump 17:30- 18:15 | Virtual RPM 17:30- 18:15 | Virtual Bodyattack 17:30-18:15 | | |
| Virtual Trip 18:30- 19:15 | Virtual Grit Athletic 18:30- 19:00 | Virtual Bodycombat 18:30-19:15 | Virtual Sprint 18:30- 19:00 | Virtual Grit Athletic 18:30- 19:00 | | |
| Virtual Bodyattack 18:30- 19:15 | Virtual Bodypump 19:30- 19:15 | Virtual Trip 18:30- 19:15 | Yoga With Julie 18:30- 19:30 | Virtual Sprint 18:30- 19:00 | | |
| Yoga With Tom 19:30- 20:15 | Virtual RPM 19:30- 20:15 | Virttual Bodybalance 19:30- 20:15 | Virtual Bodypump 19:45- 20:30 | Virtual Bodybalance 19:30- 20:15 | | |