

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual RPM 07:15- 08:00	Virtual Bodypump 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- 08:45	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- 12:45	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- 13:00	Virtual Bodyattack 12:30- 13:00	Virtual Bodypump 12:30- 13:00	Virtual Sprint 12:30- 13:00	    	
Virtual RPM 17:30- 18:15	Virtual Bodycombat 17:30- 18:15	Virtual Sprint 17:30- 18:00	Virtual Grit Cardio 17:15-17:45	Virtual Trip 17:30-18:15		
Virtual Bodypump 17:30- 18:15	Virtual Sprint 17:30- 18:00	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 Bodycombat 18:00- 18:45	Virtual Grit Athletic 18:30- 19:00		
Virtual Bodyattack 18:30- 19:15	Virtual Bodypump 19:30- 20:15	Virtual Trip 18:30- 19:15	Virtual Sprint 18:30- 19:00	Virtual Sprint 18:30- 19:00		
Virtual Bodybalance 19:30- 20:15	Virtual RPM 19:30- 20:15	Virtual Bodybalance 19:30- 20:15	Virtual Bodypump 19:00- 19:45	Virtual Bodybalance 19:30- 20:15		