Re:set

CLASS TIMETABLE

KEY

- Virtual cycle classes
- Virtual group exercise
- Virtual mindfulness classes
- Free choice sessions

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
07:00	Hit the Road	Box Fit	Cycling Basic	Mobility Yoga	Hit the Road	Kettlebells	Cycling Basic	Mobility Yoga	Hit the Road	Kettlebells
07:15										
07:30										
07:45			Go Virtual				Go Virtual		The Red Zone	
08:00		Lower Body Booty Blast		HIIT Dumbbells		Lower Body Booty Blast		HIIT Dumbbells		Lower Body Booty Blast
08:15										
08:30										
08:45	HIIT Cycling	Pilates & Barre Fusion	Mountain Ride	Box HIIT	HIIT Cycling	Pilates & Barre Fusion	Mountain Ride	Box HIIT	HIIT Cycling	Pilates & Barre Fusion
09:00										
09:15										
09:30	The Red Zone	Kettlebells	Hit the Road	Cardio Sculpt	The R3dZone	Kettlebells	Hit the Road	Cardio Sculpt	Mountain Ride	Yoga
09:45										
10:00										
10:15										
10:30										
10:45										
11:00										
11:15										
11:30										
11:45	Low Impact Cycling	Burning HIIT	Game on	BoxFit	Revolver	Pilates Fundamental	Game on	Burning HIIT	Meditation Ride	Barbell Pump
12:00										
12:15		Abs						Abs of Steel		
12:30	Cycling Pro		Revolver		Push the Throttle	Strength Circuits	Revolver			BoxFit
12:45		Zumba 101		Barbell Pump				Zumba	Push the Throttle	
13:00										
13:15	Get it Done		The Climb		Beautiful Glow	Down to the Core	The Climb			Mobility Yoga
13:30		Strong						Strong	Here it comes	
13:45										
14:00										
14:15										
14:30										
14:45										
15:00										
15:15										
15:30										
15:45										
16:00										
16:15	HIIT Cycling	Sh1ft HIIT Cardio	Hit the Road	Pilates Yoga Fusion	Low Impact Cycling	Sh1ft HIIT Cardio	Hit the Road	Pilates Yoga Fusion	Low Impact Cycling	Sh1ft HIIT Cardio
16:30										
16:45		Abs & Core Burnout			Cycling Pro	Abs & Core Burnout			Cycling Pro	Abs & Core Burnout
17:00								Circuits		
17:15	Cycling Basic	Kettlebellls Strength	HIIT Cycling	Lower Body Booty Blast		Kettlebells Strength	HIIT Cycling			Kettlebells Strength
17:30					Get it Done				Get it Done	
17:45										
18:00	Go Virtual	Pilates Fundamental	The Red Zone	Pilates & Barre Fusion		Pilates Yoga Fusion		Pilates & Barre Fusion		Pilates Fundamental
18:15										
18:30										
18:45					HIIT Cycling				HIIT Cycling	
19:00	Mountain Ride	HIIT Max	Cycling Pro	Brazilian Burn		HIIT Max	The Red Zone	Brazilian Burn		HIIT Max
19:15										
19:30										