

# Studio Timetable

## Monday

06:30 - 07:15 Virtual Body Attack  
07:30 - 08:15 Virtual Body Pump  
08:30 - 09:00 Virtual Barre  
09:30 - 10:00 HIIT  
12:15 - 12:45 Virtual GRIT  
13:00 - 13:30 Virtual Body Balance  
16:00 - 16:45 Virtual Body Pump  
17:00 - 17:30 Metafit  
18:00 - 18:45 Body Balance  
19:00 - 19:45 Body Pump  
20:00 - 20:45 Body Combat

## Tuesday

07:00 - 07:45 Virtual Body Condition  
07:15 - 08:00 Virtual Body Pump  
12:15 - 13:15 Yoga  
13:30 - 14:00 Virtual GRIT  
16:15 - 16:45 Virtual Core  
17:00 - 17:30 HIIT  
18:00 - 19:00 Zumba  
19:10 - 19:55 Body Attack  
20:00 - 20:45 Body Balance

## Wednesday

06:30 - 07:15 Body Pump  
07:30 - 08:15 Virtual Body Balance  
08:30 - 09:15 Virtual Body Combat  
09:30 - 10:15 Circuits  
12:00 - 12:45 Virtual Body Attack  
13:00 - 13:30 Virtual Core  
16:45 - 17:15 Virtual Barre  
17:30 - 18:15 Circuits  
18:30 - 19:15 Body Pump  
19:30 - 20:15 Body Balance  
20:30 - 21:00 Virtual Core

## Thursday

07:00 - 07:45 Virtual Body Combat  
08:00 - 08:45 Legs, Bums & Tums  
09:00 - 09:45 Virtual Body Core  
12:00 - 12:30 Metafit  
13:00 - 13:30 Virtual Body Balance  
16:15 - 16:45 Virtual GRIT  
17:00 - 17:45 Circuits  
18:00 - 18:45 Pilates  
19:00 - 19:45 Body Combat  
20:00 - 21:00 Yoga

## Friday

07:00 - 07:45 Virtual Body Pump  
08:00 - 08:45 Virtual Body Attack  
09:00 - 09:45 Body Conditioning  
11:30 - 12:30 Pilates  
13:15 - 13:45 HIIT  
16:15 - 16:45 Virtual Barre  
17:00 - 17:30 Virtual GRIT  
17:40 - 18:25 Body Combat  
18:30 - 19:30 Zumba  
19:45 - 20:30 Virtual Body Balance

## Saturday

08:30 - 09:15 Body Combat  
09:30 - 10:15 Circuits  
10:30 - 11:15 Body Pump  
11:30 - 12:30 Yoga  
15:45 - 16:30 Virtual Body Pump  
16:45 - 17:30 Virtual Body Balance

## Sunday

08:30 - 09:15 Virtual Body Balance  
09:30 - 10:15 Virtual Body Pump  
10:15 - 10:45 HIIT  
11:15 - 12:00 Zumba  
15:00 - 15:45 Virtual Body Balance  
16:00 - 16:45 Body Pump