

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 45 min Total Toning	06:30 30 min LMV Sprint	06:15 45 min HYROX Engine	06:30 50 min LMV RPM	06:15 45 min Box HIIT	08:00 30 min LMV GRIT	07:30 45 min LMV The Trip
06:30 1 hr LMV BodyBalance	07:30 1 hr LMV BodyCombat	06:30 1 hr LMV BodyAttack	06:30 30 min LM GRIT Strength	06:30 30 min LMV Sprint	08:45 1 hr Ride & Burn	09:00 45 min HYROX Complete
08:00 1 hr LMV BodyCombat	08:30 1 hr LMV BodyBalance	07:30 1 hr LMV BodyCombat	07:30 1 hr LMV BodyAttack	08:00 30 min Total Toning	09:00 Gym floor HYROX Run	09:30 1 hr Hatha Yoga
10:00 1 hr Pilates	09:30 45 min HYROX Foundational	09:00 30 min LMV GRIT	08:30 30 min LMV GRIT	09:15 45 min Pilates	09:15 1 hr Hatha Yoga	12:30 50 min LMV RPM
10:30 30 min LMV Sprint	12:30 50 min LMV RPM	09:30 1 hr Beginners Yoga	09:30 1 hr LMV BodyCombat	12:00 50 min LMV RPM	12:00 1 hr LMV BodyAttack	16:00 1 hr LMV BodyBalance
12:00 45 min LM BodyPump Heavy	17:45 45 min Mat Sculpt	11:00 30 min LMV Sprint	11:00 1 hr LMV BodyBalance	13:00 1 hr LMV BodyAttack	13:30 1 hr LMV BodyBalance	17:30 50 min LMV RPM
17:00 1 hr LMV BodyAttack	18:30 1 hr LMV BodyCombat	12:00 45 min LM BodyPump Heavy	12:30 30 min LMV GRIT	15:00 30 min LMV Sprint	15:00 30 min LMV Sprint	18:30 30 min LMV GRIT
18:00 45 min Total Toning	18:40 45 min Mat Sculpt	17:30 45 min Pilates	17:00 1 hr LMV BodyCombat	17:30 45 min LM BodyPump Heavy	17:30 45 min LMV The Trip	19:30 1 hr LMV BodyBalance
18:55 30 min Core	19:30 1 hr Pilates	17:30 30 min LMV Sprint	18:30 45 min Live Spin	18:30 50 min LMV RPM	19:00 30 min LMV GRIT	
19:00 30 min LM Sprint	19:35 45 min HYROX Complete	18:30 45 min HYROX Power	19:00 45 min Sculpt	20:30 30 min LMV GRIT Cardio		
19:30 1 hr Hatha Yoga	20:30 30 min LMV GRIT Cardio	18:40 1 hr Restorative Yoga	19:30 1 hr LMV BodyAttack			
20:30 30 min LMV Sprint		19:25 45 min Zumba	19:50 1 hr Pilates			
		20:30 50 min LMV RPM	20:30 30 min LMV Sprint			