

| | Sunday 15/01/2023 | Monday 16/01/2023 | Tuesday 17/01/2023 | Wednesday 18/01/2023 | Thursday 19/01/2023 | Friday 20/01/2023 | Saturday 21/01/2023 |
|-------|--------------------------------------|--------------------------------------|--------------------------------------|--|--------------------------------------|--------------------------------------|-------------------------------------|
| 5:00 | | Functional Training 05:45 - 06:30 | Functional Training 05:45 - 06:30 | Functional Training 05:45 - 06:30 | Functional Training 05:45 - 06:30 | Functional Training 05:45 - 06:30 | |
| 8:00 | BodyPump Virtual 08:30 - 09:30 | BodyPump Virtual 08:30 - 09:30 | BodyCombat Virtual 08:30 - 09:30 | BodyPump Virtual 08:30 - 09:30 | BodyBalance Virtual 08:30 - 09:30 | BodyCombat Virtual 08:30 - 09:30 | BodyCombat Virtual 08:30 - 09:30 |
| 9:00 | BodyBalance Virtual 09:30 - 10:30 | BodyPump Virtual 09:30 - 10:30 | | BodyPump Virtual 09:30 - 10:30 | | | BodyPump Virtual 09:30 - 10:30 |
| 12:00 | | BodyPump Virtual 12:00 - 12:45 | BodyPump Virtual 12:00 - 12:45 | BodyPump Virtual 12:00 - 12:45 | BodyPump Virtual 12:00 - 12:45 | BodyPump Virtual 12:00 - 12:45 | |
| 13:00 | | ONDEMAND 13:00 - 14:00 | ONDEMAND 13:00 - 14:00 | ONDEMAND 13:00 - 14:00 | ONDEMAND 13:00 - 14:00 | ONDEMAND 13:00 - 14:00 | |
| 17:00 | | BodyPump Virtual 17:30 - 18:00 | BodyBalance Virtual 17:30 - 18:30 | Grit Strength Virtual 17:30 - 18:00 | BodyPump Virtual 17:30 - 18:30 | BodyPump Virtual 17:30 - 18:30 | |
| 18:00 | | Functional Training 18:00 - 18:45 | ONDEMAND 18:30 - 19:30 | Functional Training 18:00 - 18:45 | ONDEMAND 18:30 - 19:30 | | |