

# THE STUDIO TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:00		GRIT Cardio		GRIT Strength			
06:30 - 07:15	BodyPump		Body Combat		RPM		
07:30 - 08:00	Cx Virtual	Cx Virtual	Cx Virtual	Cx Virtual	Cx Virtual		
08:15 - 09:15						Body Combat Virtual	
08:30 - 09:30							Body Pump Virtual
09:30 - 10:15			RPM				
09:30 - 10:30	Body Combat	Body Pump Virtual		Body Combat Virtual	BodyPump	BodyPump	
10:00 - 11:00							Body Combat Virtual
10:45 - 11:15			Cx Virtual		Cx Virtual	GRIT	
10:45 - 11:45	Body Balance	Body Balance Virtual		Body Balance Virtual			
11:15 - 10:45							Cx Virtual
12:00 - 12:30						Cx Virtual	
12:00 - 13:00							Sh'Bam Virtual
12:30 - 13:00		Cx Virtual					
12:30 - 13:15	Body Pump Virtual		Sh'Bam Virtual	BodyPump	Body Balance Virtual		
13:00 - 14:00						Sh'Bam Virtual	
14:15 - 15:15						Body Balance Virtual	
15:00 - 15:45							
15:00 - 16:00							Body Balance Virtual
17:30 - 18:15			RPM				
18:00 - 18:30		GRIT			GRIT Plyo		
18:00 - 18:45	RPM			BodyPump			
18:00 - 19:00							
18:30 - 19:30			BodyPump				
19:00 - 20:00	Body Balance	Body Pump Virtual		Body Combat	Body Combat Virtual		
19:15 - 20:00							
19:45 - 20:15			Cx Virtual				
20:00 - 21:00		Sh'Bam Virtual					
20:05 - 21:00				Body Balance			
20:15 - 20:45	Cx Virtual				Cx Virtual		