

HOLIDAY TIMETABLE

SUNDAY

MONDAY






TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>13</p> <p>5:30AM: GRIT STRENGTH - V 6:00AM: BODYPUMP - L 8:30AM: CORE - L 9:05AM: BODYCOMBAT - V 10:15AM: BODYBALANCE - L 12:30PM: GRIT STRENGTH - V 5:30PM: BODYATTACK - V 6:00PM: BODYPUMP - V</p> <p>6:00AM/5:30PM: RPM - L 7AM/7:35AM/9:20AM: RPM - V 12:15PM/3:40PM/6:25PM: SPRINT - V</p> <p>5:20AM: HIIT - L 6:10AM: HIIT - L 5:30PM: BOXING - L</p>	<p>14</p> <p>5:30AM: CORE - L 6:00AM: BODYATTACK - L 8:30AM: GRIT CARDIO - V 9:05AM: BODYPUMP - L 10:15AM: BODYBALANCE - L 4:15PM: BODYPUMP - V 5:00PM: CORE - V 5:30PM: BODYCOMBAT - V 6:30PM: BODYBALANCE - V</p> <p>6:00AM: THE TRIP - L 7:00AM/12:15PM: SPRINT - V 7:35AM: THE TRIP - V 9:25AM/5:30PM: RPM - L 3:40PM/6:25PM: RPM - V</p> <p>5:20AM: STRENGTH - L 5:30PM: FIGHTING FIT - L</p>	<p>15</p> <p>5:30AM: SGT - L 6:00AM: PILATES - L 8:30AM: CORE - V 9:05AM: BODYCOMBAT - L 10:15AM: YOGA - L 12:30PM: GRIT STRENGTH - V 4:15PM: BODYBALANCE - V 5:00PM: BODYATTACK - V 5:30PM: BODYPUMP - L 6:30PM: CORE - V</p> <p>6:00AM/9:20AM: SPRINT - L 7:00AM/7:35AM: RPM - V 12:15PM/3:40PM/6:25PM: RPM - V</p> <p>5:30AM: BOOTCAMP - L 5:30PM: BOXHIIT - L</p>	<p>16</p> <p>5:30AM: CORE - V 6:00AM: YOGA - L 7:30AM: BODYBALANCE - V 8:30AM: BODYATTACK - V 9:05AM: BODYPUMP - L 10:15AM: BODYBALANCE - V 4:15PM: GRIT STRENGTH - V 5:00PM: CORE - V 5:30PM: BODYSTEP - L 6:30PM: BODYBALANCE - V</p> <p>5:30AM: SPRINT - L 7AM/9:20AM/12:15PM: SPRINT - V 7:35AM: THE TRIP - V 5:30PM: THE TRIP - L 3:40PM/6:25PM: RPM - V</p> <p>5:30AM: FUNCTIONAL FITNESS - L 6:00PM: HIIT - L</p>	<p>17</p> <p>5:30AM: GRIT CARDIO - V 6:00AM: BODYCOMBAT - L 7:30AM: YOGA - L 8:30AM: CORE - V 9:05AM: BODYSTEP - L 10:15AM: BODYPUMP - L 12:30PM: GRIT CARDIO - V 5:00PM: CORE - V 5:30PM: BODYATTACK - V 5:00PM: GRIT STRENGTH - V 5:30PM: BODYBALANCE - V 6:30PM: BODYPUMP - V</p> <p>6:00AM: THE TRIP - L 7AM/12:15PM/3:40PM: SPRINT - V 7:35AM: RPM - V 9:20AM: RPM - L</p> <p>5:30AM: OLYMPIC LIFTING - L</p>	<p>18</p> <p>6:30AM: GRIT STRENGTH - V 7:00AM: BODYATTACK - L 7:30AM: CORE - L 9:05AM: BODYPUMP - L 10:15AM: YOGA - L 5:30PM: BODYPUMP - V</p> <p>6:00AM: SPRINT - V 8:00AM: RPM - L 9:20AM/10:05AM: RPM - V</p> <p>8:00AM: HIIT - L</p> 
<p>19</p> <p>7:00AM: BODYCOMBAT - V 7:30AM: BODYPUMP - V 10:15AM: BODYBALANCE - V</p> <p>8:00AM: SPRINT - V 11:00AM: THE TRIP - V</p>	<p>20</p> <p>5:30AM: GRIT STRENGTH - V 6:00AM: BODYPUMP - L 8:30AM: CORE - L 9:05AM: BODYSTEP - L 10:15AM: BODYBALANCE - L 12:30PM: GRIT STRENGTH - V 5:30PM: BODYATTACK - V 6:00PM: BODYPUMP - V</p> <p>6:00AM/5:30PM: RPM - L 7AM/7:35AM/9:20AM: RPM - V 12:15PM/3:40PM/6:25PM: SPRINT - V</p> <p>5:20AM: HIIT - L 5:30PM: BOXING - L</p>	<p>21</p> <p>5:30AM: CORE - L 6:00AM: BODYATTACK - L 8:30AM: GRIT CARDIO - V 9:05AM: BODYPUMP - L 10:15AM: BODYBALANCE - L 4:15PM: BODYPUMP - V 5:00PM: CORE - V 5:30PM: BODYCOMBAT - V 6:30PM: BODYBALANCE - V</p> <p>6:00AM: THE TRIP - L 7:00AM/12:15PM: SPRINT - V 7:35AM: THE TRIP - V 9:25AM/5:30PM: RPM - L 3:40PM/6:25PM: RPM - V</p> <p>5:20AM: STRENGTH - L 5:30PM: FIGHTING FIT - L</p>	<p>22</p> <p>5:30AM: SGT - L 6:00AM: PILATES - L 8:30AM: CORE - V 9:05AM: BODYCOMBAT - L 10:15AM: YOGA - L 12:30PM: GRIT STRENGTH - V 4:15PM: BODYBALANCE - V 5:00PM: BODYATTACK - V 5:30PM: BODYPUMP - L 6:30PM: CORE - V</p> <p>6:00AM/9:20AM: SPRINT - L 7:00AM/7:35AM: RPM - V 12:15PM/3:40PM/6:25PM: RPM - V</p> <p>5:30AM: BOOTCAMP - L 5:30PM: BOXHIIT - L</p>	<p>23</p> <p>5:30AM: CORE - V 6:00AM: YOGA - L 7:30AM: BODYBALANCE - V 8:30AM: BODYATTACK - V 9:05AM: BODYPUMP - L 10:15AM: BODYBALANCE - V 4:15PM: GRIT STRENGTH - V 5:00PM: CORE - V 5:30PM: BODYSTEP - L 6:30PM: BODYBALANCE - V</p> <p>5:30AM: SPRINT - L 7AM/9:20AM/12:15PM: SPRINT - V 7:35AM: THE TRIP - V 5:30PM: THE TRIP - L 3:40PM/6:25PM: RPM - V</p> <p>5:30AM: FUNCTIONAL FITNESS - L 6:00PM: HIIT - L</p>	<p>24</p> <p>5:30AM: GRIT CARDIO - V 6:00AM: BODYCOMBAT - L 7:30AM: YOGA - L 8:30AM: CORE - V 9:05AM: BODYSTEP - L 10:15AM: BODYPUMP - L 12:30PM: GRIT CARDIO - V 4:15PM: BODYATTACK - V 5:00PM: GRIT STRENGTH - V 5:30PM: BODYBALANCE - V 6:30PM: BODYPUMP - V</p> <p>6:00AM: THE TRIP - L 7AM/12:15PM/3:40PM: SPRINT - V 7:35AM: RPM - V 9:20AM: RPM - L</p> <p>5:30AM: OLYMPIC LIFTING - L</p>	<p>25</p> <p>6:30AM: GRIT STRENGTH - V 7:00AM: BODYATTACK - V 7:30AM: CORE - V 9:05AM: BODYPUMP - V 10:15AM: BODYBALANCE - V 5:30PM: BODYPUMP - V</p> <p>6:00AM: SPRINT - V 8:00AM/9:20AM/10:05AM: RPM - V</p> <p>MERRY CHRISTMAS!</p> 
<p>26</p> <p>7:00AM: BODYCOMBAT - V 7:30AM: BODYPUMP - V 10:15AM: BODYBALANCE - V</p> <p>8:00AM: SPRINT - V 11:00AM: THE TRIP - V</p>	<p>27</p> <p>5:30AM: GRIT STRENGTH - V 6:00AM: BODYPUMP - V 8:30AM: CORE - V 9:05AM: BODYATTACK - V 10:15AM: BODYBALANCE - V 12:30PM: GRIT STRENGTH - V 5:30PM: BODYATTACK - V 6:00PM: BODYPUMP - V</p> <p>6AM/7AM/7:35AM/5:30PM: RPM - V 9:20AM/12:15PM/3:40PM/6:25PM: SPRINT - V</p>	<p>28</p> <p>5:30AM: CORE - V 6:00AM: BODYATTACK - V 8:30AM: GRIT CARDIO - V 9:05AM: BODYPUMP - V 10:15AM: BODYBALANCE - V 4:15PM: BODYPUMP - V 5:00PM: CORE - V 5:30PM: BODYCOMBAT - V 6:30PM: BODYBALANCE - V</p> <p>6:00AM/7:35AM: THE TRIP - V 7:00AM/12:15PM: SPRINT - V 9:25AM/3:40PM/5:30PM/6:25PM: RPM - V</p>	<p>29</p> <p>5:30AM: SGT - L 6:00AM: PILATES - L 8:30AM: CORE - V 9:05AM: BODYCOMBAT - L 10:15AM: YOGA - L 12:30PM: GRIT STRENGTH - V 4:15PM: BODYBALANCE - V 5:00PM: BODYATTACK - V 5:30PM: BODYPUMP - V 6:30PM: CORE - V</p> <p>6:00AM/9:20AM: SPRINT - L 7:00AM/7:35AM: RPM - V 12:15PM/3:40PM/6:25PM: RPM - V</p>	<p>30</p> <p>5:30AM: CORE - V 6:00AM: YOGA - L 7:30AM: BODYBALANCE - V 8:30AM: BODYATTACK - V 9:05AM: BODYPUMP - V 10:15AM: BODYBALANCE - V 4:15PM: GRIT STRENGTH - V 5:00PM: CORE - V 5:30PM: BODYSTEP - L 6:30PM: BODYBALANCE - V</p> <p>5:30AM: SPRINT - L 7AM/9:20AM/12:15PM: SPRINT - V 7:35AM: THE TRIP - V 5:30PM: THE TRIP - L 3:40PM/6:25PM: RPM - V</p>	<p>31</p> <p>5:30AM: GRIT CARDIO - V 6:00AM: BODYCOMBAT - L 7:30AM: YOGA - L 8:30AM: CORE - V 9:05AM: BODYSTEP - L 10:15AM: BODYPUMP - V 12:30PM: GRIT CARDIO - V 4:15PM: BODYATTACK - V 5:00PM: GRIT STRENGTH - V 5:30PM: BODYBALANCE - V 6:30PM: BODYPUMP - V</p> <p>6:00AM: THE TRIP - L 7AM/12:15PM/3:40PM: SPRINT - V 7:35AM: RPM - V 9:20AM: RPM - L</p>	<p>1</p> <p>6:30AM: GRIT STRENGTH - V 7:00AM: BODYATTACK - V 7:30AM: CORE - V 9:05AM: BODYPUMP - V 10:15AM: BODYBALANCE - V 5:30PM: BODYPUMP - V</p> <p>6:00AM: SPRINT - V 8:00AM/9:20AM/10:05AM: RPM - V</p> <p>HAPPY NEW YEAR!</p> 
<p>2</p> <p>7:00AM: BODYCOMBAT - V 7:30AM: BODYPUMP - V 10:15AM: BODYBALANCE - V</p> <p>8:00AM: SPRINT - V 11:00AM: THE TRIP - V</p>	<p>3</p> <p>5:30AM: GRIT STRENGTH - V 6:00AM: BODYPUMP - V 8:30AM: CORE - V 9:05AM: BODYATTACK - V 10:15AM: BODYBALANCE - V 12:30PM: GRIT STRENGTH - V 5:30PM: BODYATTACK - V 6:00PM: BODYPUMP - V</p> <p>6AM/7AM/7:35AM/5:30PM: RPM - V 9:20AM/12:15PM/3:40PM/6:25PM: SPRINT - V</p>	<p>4</p> <p>BACK TO REGULAR TIMETABLE</p> 	<p>REDUCED TIMETABLE</p> <p>24 HR ACCESS ONLY</p> <p>L - LIVE V - VIRTUAL</p> 