STUDIO TIMETABLE

	06:30-07:15	07:15-07:45	08:30-09:30	09:30-10:00	10:00-12:00	12:00-12:45	13:00-13:30	14:00-15:00	15:00-17:00	18:00-18:30	18:30-19:30	19:30-20:30	20:30-21:30
Monday	Body Burn (Arena 1)	**Optimal Iron Man**	Virtual Classes	**Optimal Core**	Virtual Classes	Rocket Yoga (Studio)	**Optimal Freestyle Circuit**	Virtual Classes		**Optimal Iron Man**	Body Burn (Studio)	BoxFit (Studio)	Barre Pilates (Studio)
Tuesday	Legs, Bums & Tums (Arena 1)	**Optimal Ride**	Virtual Classes	**Optimal Strike**	Virtual Classes	RUN CLUB Start: 12:30	**Optimal Iron Man**	Virtual Classes	No Classes	**Optimal Core**	Legs, Bums & Tums (Studio)	Pedal Power (Studio)	Zumba Tone (Studio)
Wednesday	Power Yoga (Arena 1)	**Optimal Strike**	Virtual Classes	**Optimal Ride**	Virtual Classes	Dynamic Pilates (Studio)	**Optimal Core**	Virtual Classes		**Optimal Freestyle Circuit**	Body Burn (Studio) **18:15-19:15**	Hatha Yoga (Studio)	Pedal Power (Studio)
Thursday	Extreme HIIT (Arena 1)	**Optimal Freestyle Circuit**	Virtual Classes				**Optimal Balance 13:00-13:15**	Virtual Classes		**Optimal Ride**	Train Insane (Studio) **18:30-19:00**	Kickboxing (Studio) **19:00-20:30**	Vinyasa Flow (Studio)
Friday	**Optimal Core**	Virtual Classes									Classical Pilates (Studio)		
				09:30-10:30	**11:00-11:30**						**18:00-19:00**	**19:00-20:00**	
Saturday				Train Insane (Studio)	**Optimal Freestyle Circuit**						Zumba Strong (Studio)	Hatha Yoga (Studio)	
Sunday				Pedal Power (Studio)	**Optimal Balance 11:00-11:15**						Classical Pilates (Studio)	Train Insane (Studio)	