

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS			FREE FIT		RADIKAL		
07:00 - 07:45	CYCLING			CYCLING				
07:00 - 08:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
08:00 - 08:15	XPRESS			FREE FIT	RADIKAL	RADIKAL		
08:00 - 09:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
09:00 - 09:15	XPRESS	FREE FIT		RADIKAL				
09:00 - 10:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:15 - 10:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
	LIVE	ZUMBA						
10:00 - 11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:15 - 10:30	XPRESS						RADIKAL	RADIKAL
10:15 - 11:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
10:45 - 11:00	XPRESS		RADIKAL		RADIKAL			
11:00 - 12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11:15 - 11:30	XPRESS						FREE FIT	FREE FIT
11:15 - 12:15	CYCLING							CYCLING VIRTUAL
11:30 - 12:15	CYCLING						CYCLING	
12:00 - 12:15	XPRESS		FREE FIT			RADIKAL		
12:00 - 13:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
12:15 - 13:15	CYCLING							CYCLING VIRTUAL
12:30 - 13:30	CYCLING						CYCLING VIRTUAL	
13:00 - 14:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:15 - 14:15	CYCLING							CYCLING VIRTUAL
13:30 - 14:30	CYCLING						CYCLING VIRTUAL	
14:00 - 14:15	XPRESS	FREE FIT		RADIKAL	FREE FIT			
14:00 - 15:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
14:30 - 14:45	XPRESS		RADIKAL			RADIKAL		
14:30 - 15:30	CYCLING						CYCLING VIRTUAL	
15:00 - 15:15	XPRESS	RADIKAL	RADIKAL	FREE FIT				
15:00 - 16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
15:30 - 16:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
16:00 - 17:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
16:30 - 17:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
17:00 - 18:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
17:15 - 17:30	XPRESS						RADIKAL	
17:30 - 18:15	LIVE					CARDIO HIIT		
17:30 - 18:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
18:00 - 18:15	XPRESS	RADIKAL			RADIKAL			
18:00 - 19:00	CYCLING	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		

18:15 - 18:30	<b>XPRESS</b>						<b>FREE FIT</b>	
18:30 - 19:30	<b>CYCLING</b>			<b>CYCLING VIRTUAL</b>			<b>CYCLING VIRTUAL</b>	
18:45 - 19:30	<b>LIVE</b>			<b>ZUMBA</b>				
19:00 - 19:15	<b>XPRESS</b>		<b>RADIKAL</b>	<b>RADIKAL</b>	<b>FREE FIT</b>	<b>RADIKAL</b>		
19:00 - 20:00	<b>CYCLING</b>					<b>CYCLING VIRTUAL</b>		
19:15 - 20:00	<b>LIVE</b>	<b>BODYCOMBAT</b>						
19:30 - 20:15	<b>CYCLING</b>	<b>CYCLING</b>	<b>CYCLING</b>					
	<b>LIVE</b>			<b>BODYCOMBAT</b>				
20:00 - 20:15	<b>XPRESS</b>	<b>FREE FIT</b>						
20:00 - 20:45	<b>LIVE</b>		<b>ZUMBA</b>					
20:00 - 21:00	<b>CYCLING</b>					<b>CYCLING VIRTUAL</b>		
20:15 - 21:00	<b>LIVE</b>				<b>BODYCOMBAT</b>			
20:30 - 21:30	<b>CYCLING</b>				<b>CYCLING VIRTUAL</b>			
21:00 - 21:15	<b>XPRESS</b>			<b>RADIKAL</b>				
21:00 - 22:00	<b>CYCLING</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>				