

VIRTUAL CINEMA **CYCLE & WELLBEING** 4TH SEPTEMBER - 15TH SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00:00 Amelia Island (EN) Duration: 01:06:15 (Larissa)	06:45:00 RPM 75 Express Duration: 00:29:54	06:00:00 Canyon Lake, Arizona - Guided Duration: 00:54:18 (Mel)	06:45:00 RPM 73 Express Duration: 00:30:02	06:30:00 Panoramic French Pyrenees I Duration: 00:34:48	08:15:00 Amelia Island (EN) Duration: 01:06:15 (Abby)	09:15:00 RPM 75 Duration: 00:46:48
07:05:00 BODYBALANCE 77 FLEXIBILITY Duration: 00:29:40	07:15:00 Yoga Basics Duration: 00:51:49	07:05:00 BODYBALANCE 74 Flexibility Duration: 00:23:56	07:05:00 Yoga 1 (ENG) Duration: 00:38:46	07:10:00 BODYBALANCE 69 Flexibility Duration: 00:27:28		17:00:00 RPM 74 Duration: 00:48:38
09:05:00 Amsterdam - Along The Amstel River Duration: 00:24:13 (Mel)	08:45:00 RPM 75 Duration: 00:46:48	08:30:00 BODYBALANCE 75 Duration: 00:56:11	08:45:00 Belgian Ardennes Duration: 00:45:46	08:30:00 BODYBALANCE 71 Duration: 00:57:21		
10:30:00 RPM 75 VIRTUAL Duration: 00:46:48	10:30:00 RPM 74 Express Duration: 00:29:58	09:05:00 Daytona, Florida - Guided Duration: 00:22:46	10:30:00 RPM 72 Express Duration: 00:29:43	Amsterdam - Along The Amstel River Duration: 00:24:13 (Mel)		
16:30:00 RPM Beginner VIRTUAL Duration: 00:31:50	19:00:00 RPM SE02 Duration: 00:35:47 (Kim K)	10:40:00 RPM 73 Express Duration: 00:30:02	19:00:00 RPM 75 Express Duration: 00:29:54	19:00:00 RPM 74 Express Duration: 00:29:58		
17:45:00 Saint Florent Duration: 00:47:58 (Kim K)	19:10:00 Yoga 1 (ENG) Duration: 00:45:38	19:00:00 RPM SE01 Duration: 00:34:41	19:20:00 Yoga 1 Duration: 00:47:09	19:10:00 BODYBALANCE 74 Duration: 00:58:15		
19:00:00 RPM SE03 VIRTUAL Duration: 00:35:12		19:10:00 BODYBALANCE 75 Duration: 00:56:11				

WE HAVE SCHEDULED LESS CLASSES IN OUR GROUP FITNESS ROOM TO GIVE YOU MORE FLEXIBILITY TO COME IN AND DO A CLASS AT ANYTIME 24/7 ON DEMAND

PLEASE TURN OFF THE PROJECTOR AFTER USE, THE REMOTE IS ON TOP OF THE WEXER BOX SELECT FROM OVER 350 CLASSES - ENJOY!



If the screen is not turned on please see remote on stereo or see front desk • Please bring a towel and water bottle • Any classes outside unmanned hours will require a FOB • Please note: you can ask for extra classes at any time (Just inbox us via facebook)