

VIRTUAL FITNESS STUDIO CALENDAR (as of Monday 18 February 2019)

wexer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:10:00 SPINNING: Intermediate scenic spin class through France with on-screen instructor. duration: 50 mins	07:10:00 SPINNING: Intermediate scenic spin class through Belgium with on-screen instructor. duration: 50 mins	07:10:00 SPINNING: Advanced scenic spin class through Holland with on-screen instructor. duration: 45 mins	07:10:00 SPINNING: Intermediate scenic spin class through France with on-screen instructor. duration: 50 mins	07:10:00 SPINNING: Intermediate scenic spin class through Italy with on-screen instructor. duration: 50 mins	09:10:00 SPINNING: Advanced scenic spin class through Italy with on-screen instructor. duration: 45 mins	09:10:00 INSANITY: Push yourself in this high intensity cardio class. duration: 35 mins
08:00:00 BOXXHIT: Boxcercise/Body Combat style cardio class. duration: 35 mins	08:00:00 POWER STEP: Step aerobics class. Great for all levels. duration: 35 mins	08:00:00 PIYO: Aerobic Pilates/Yoga crossover class. Great for all levels. duration: 35 mins	08:00:00 POWER STEP: High intensity step aerobics class duration: 35 mins	08:00:00 PIYO: Aerobic Pilates/Yoga crossover class. Great for all levels. duration: 35 mins	10:00:00 HIT CIRCUIT UPPER BODY: Upper body HIIT class with body weights. duration: 50 mins	10:00:00 SPINNING: Intermediate scenic spin class through the Alps with on-screen instructor. duration: 50 mins
09:00:00 EFFECTIVE PILATES: Intermediate Pilates class with on-screen instructor. duration: 50 mins	09:00:00 YOGA: Intermediate level yoga class with on-screen instructor. duration: 45 mins	09:00:00 PILATES: Beginner level Pilates class with on-screen instructor. duration: 45 mins	09:00:00 YOGA VINYASA: Beginner level yoga class with on-screen instructor. duration: 55 mins	09:00:00 MORNING AFFIRMATION FLOW (YOGA): Morning yoga flow workout. duration: 55 mins	11:00:00 YOGA VINYASA: Beginner level yoga class with on-screen instructor. duration: 55 mins	11:00:00 MORNING AFFIRMATION FLOW (YOGA): Morning yoga flow workout. duration: 55 mins
10:00:00 21 DAY FIX - LOWER FIX: Cardio/Conditioning class for the lower body using dumbbells. duration: 30 mins	10:00:00 TURBO KICK: Step, kick and move to the music with this cardio class. For all levels. duration: 55 mins	10:00:00 FIRM BUM-TRIM THIGHS: Intermediate conditioning class aimed at working the glutes and thighs. duration: 35 mins	10:00:00 INSANITY: Push yourself in this high intensity cardio class. duration: 55 mins	10:00:00 HIT: 30 minute High Intensity Interval Training workout. duration: 30 mins	12:00:00 ICE LOW IMPACT: Low impact, high intensity step based workout. duration: 50 mins	12:00:00 EFFECTIVE PILATES: Intermediate Pilates class with on-screen instructor. duration: 50 mins
11:00:00 YOGA VINYASA: Beginner level yoga class with on-screen instructor. duration: 50 mins	11:00:00 COREMAGEDDON: Intermediate level core stability and conditioning class. duration: 35 mins	11:00:00 POWER STEP: High intensity step aerobics class duration: 35 mins	11:00:00 PILATES: Beginner level Pilates class with on-screen instructor. duration: 45 mins	10:30:00 HIT: 30 minute High Intensity Interval Training workout. duration: 30 mins	13:00:00 SPINNING: Intermediate scenic spin class through Europe with on-screen instructor. duration: 50 mins	13:00:00 SPINNING: Intermediate scenic spin class through Belgium with on-screen instructor. duration: 50 mins
12:00:00 SPINNING: Intermediate scenic spin class through Europe with on-screen instructor. duration: 50 mins	12:00:00 SPINNING: Advanced level spinning class through the Italian Alps with on-screen instructor. duration: 45 mins	12:00:00 HIT BONUS ABS: High intensity abs workout. duration: 15 mins	12:00:00 SPINNING: Intermediate scenic spin class through Corsica with on-screen instructor. duration: 50 mins	11:00:00 YOGA VINYASA: Beginner level yoga class with on-screen instructor. duration: 55 mins	14:00:00 KILLER ARMS & BACK: Circuit training workout focusing on arms and back. duration: 35 mins	14:00:00 KILLER BUNS & THIGHS: Circuit training workout focusing on your glutes and legs. duration: 35 mins
13:00:00 EFFECTIVE PILATES: Beginner Pilates class with on-screen instructor. duration: 30 mins	13:00:00 PURE STRETCH: Stretch class for all levels to improve flexibility and movement. duration: 20 mins	12:30:00 PILATES: Beginner level Pilates class with on-screen instructor. duration: 45 mins	13:00:00 YOGA VINYASA: Beginner level yoga class with on-screen instructor. duration: 55 mins	12:00:00 SPINNING: Advanced level spinning class through Germany with on-screen instructor. duration: 45 mins	15:00:00 KILLER ABS: Circuit training workout focusing on your abs duration: 35 mins	15:00:00 KILLER CORE: Circuit training workout focusing on your core muscles duration: 35 mins
14:00:00 21 DAY FIX - PILATES FIX: Conditioning class for your core area. duration: 35 mins	13:30:00 PURE STRETCH: Stretch class for all levels to improve flexibility and movement. duration: 20 mins	13:30:00 HIT MAX: High Intensity Interval Training workout. Ideal 30 minute workout for everyone. duration: 30 mins	14:00:00 KILLER ABS: Beginner level abs workout class. duration: 35 mins	13:00:00 COREMAGEDDON: Intermediate level core stability and conditioning class. duration: 35 mins		
15:00:00 TURBO KICK: Step, kick and move to the music with this cardio class. For all levels. duration: 55 mins	14:00:00 TIME TO MOVE (YOGA): Stretch and flow in this intermediate yoga style class. duration: 35 mins	14:00:00 SPINNING: Advanced level spinning class through Holland with on-screen instructor. duration: 45 mins	15:00:00 INSANITY: Push yourself in this high intensity cardio class. duration: 55 mins	14:00:00 21 DAY FIX: Cardio/Conditioning workout for the whole body. duration: 35 mins		
16:00:00 INSANITY: Push yourself in this high intensity cardio class. duration: 55 mins	15:00:00 WAR: Body Combat style class. Ideal for all levels. duration: 55 mins	15:00:00 10x10: Intermediate level circuit training workout. duration: 40 mins	16:00:00 HARD BODY WORKOUT: Advanced body conditioning class with on-screen instructor. duration: 50 mins	15:00:00 WAR: Body Combat style class. Ideal for all levels. duration: 55 mins		
17:00:00 POWER STEP: High intensity step aerobics class duration: 55 mins	16:00:00 HIT LOW IMPACT: Advanced low impact HIIT class. duration: 30 mins	16:00:00 TURBO KICK: Step, kick and move to the music with this cardio class. For all levels. duration: 55 mins	17:00:00 TURBO KICK: Step, kick and move to the music with this cardio class. For all levels. duration: 55 mins	16:00:00 BOXXHIT: Boxcercise/Body Combat style cardio class. duration: 35 mins		
18:00:00 SPINNING: Intermediate level spin class through Belgium with on-screen instructor. duration: 50 mins	17:00:00 BOXXHIT: Boxcercise/Body Combat style cardio class. duration: 35 mins	17:00:00 SWYR (YOGA): Stretch, unwind and relax in this beginner Yoga class. duration: 35 mins	18:00:00 SPINNING: Advanced level spinning class through Spain with on-screen instructor. duration: 50 mins	17:00:00 POWER STEP: High intensity step aerobics class duration: 55 mins		
19:00:00 BOOT CAMP CIRCUIT: Boot camp circuit session with on-screen instructor. duration: 45 mins	18:00:00 SPINNING: Advanced level spinning class through Spain with on-screen instructor. duration: 45 mins	18:00:00 SPINNING: Intermediate level spinning class through Europe with on-screen instructor. duration: 50 minutes	19:15:00 WAR: Body Combat style class. Ideal for all levels. duration: 55 mins	18:00:00 SPINNING: Intermediate level spinning class through France with on-screen instructor. duration: 50 minutes		
20:00:00 SPINNING: Advanced level spin class through France with on-screen instructor. duration: 50 mins	19:00:00 ZUMBA BLITZ - POWER: Intense 20 minute workout. duration: 20 mins	19:00:00 POWER STEP: High intensity step aerobics class duration: 55 mins	20:15:00 EXTREME SHRED: Intermediate level body circuit workout class. duration: 35 mins	19:00:00 ICE CHISELED LOWER BODY BLAST: High intensity circuit session with body weights. duration: 50 minutes		
	19:25:00 ZUMBA BLITZ - BURST: Intense 20 minute workout. duration: 20 mins	20:00:00 MERENGUE TIME: Dance fitness class. Ideal for everyone. duration: 30 mins		20:00:00 INSANITY: Push yourself in this high intensity cardio class. duration: 55 mins		
	19:50:00 ZUMBA BLITZ - CHARGE: Intense 20 minute workout. duration: 20 mins					
	20:15:00 HIT BONUS ABS: High intensity abs workout. duration: 15 mins					
	20:30:00 HIT BONUS ABS: High intensity abs workout. duration: 15 mins					