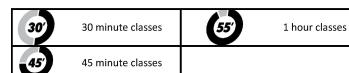
## **AMBITIONZ GROUP FITNESS**

**Live Classes** 

	_	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	45	RPM	CORE	RPM	BODYSTEP	BODYBALANCE		
7:30am	45						CORE	
8:30am	55				PILATES		RPM	
9:30am	45	CIRCUIT	CIRCUIT	CIRCUIT	CIRCUIT	CIRCUIT	<b>PILATES</b>	<b>BODYSTEP</b>
								557
4:30pm	45	BOOTCAMP	BOOTCAMP	PILATES	BOXING			
5:30pm	55	YOGA	ZUMBA	BODYSTEP _	ZUMBA			
6:30pm	65			YOGA				

## **Virtual Classes**

	-	-	VION	TUES	WED	THURS	FRI	SAT	SUN		
4:15am	30)	GRIT	STRENGTH	RPM	BODYPUMP	BODYCOMBAT	BODYATTACK				
4:45am	45			BODYPUMP		BODYPUMP		ONDEMAND	ONDEMAND		
5:00am	30)	BOD	YPUMP		CORE		sprint				
5:45am	30)	L	IVE CLASSE	S LIVE CLASSES LIV	E CLASSES LIVE CLA	SSES LIVE CLASSES L	IVE CLASSES	GRIT CARDIO	GRIT STRENGT		
6:30am	45							BODYPUMP	sprint		
6:45am	30	CÖ	DRE	BODYCOMBAT	BODYATTACK	GRIT STRENGTH	GRIT CARDIO				
7:30am	45	THE		DANCE	BODYBALANCE	CORE	BODYCOMBAT	LIVE CLASSES			
8:30am	45	BODY	COMBAT	BODYPUMP	DANCE	LIVE CLASSES	BODYATTACK	LIVE CLASSES	BODYPUMP		
9:30am		LIVE CLASSES									
10:30am	<b>55</b>	BODY	ATTACK	BODYBALANCE	BODYPUMP	BODYPUMP	RPM	ONDEMAND			
11:30am	_							ONDEMAND	UNDEMANL		
2:00pm	45	OND	EMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND		BODYCOMBA		
3:00pm	55							BODYBALANCE	BODYBALANC		
3:30pm	45	BOD	YPUMP	sprint	BODYPUMP	BODYBALANCE					
4:00pm	55						BODYPUMP				
4:05pm	55							BODYPUMP	RPM		
4:30pm	•	E CLAS	SES LIVE CLA	SSES LIVE CLASSES							
5:30pm	55	E CLAS	SES LIVE CLA	SSES LIVE CLASSES	LIVE CLASSES LIVE	CLASSES LIVE CLASS	RPM	BODYCOMBAT	BODYATTACK		
6:30pm	-	-	1	ONDEMAND	LIVE CLASSES	1	ONDEMAND	ONDEMAND	ONDEMAND		
		L						GRIT STRENGTH			



ONDEMAND are timeslots where there are no scheduled classes and you can selet any of BodyPump, BodyBalance, BodyCombat, BodyAttack, Core, Dance, RPM. Sprint, The Trip or GRIT. Please ensure when slecting a class during ONDEMAND timeslots, you do not select a class whichwill interrupt a scheduled