

# AMBITIONZ GROUP FITNESS

## Live Classes

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

## Virtual Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:15am	<b>GRIT</b> STRENGTH	<b>RPM</b>	<b>BODYPUMP</b>	<b>BODYCOMBAT</b>	<b>BODYATTACK</b>		
4:45am		<b>BODYPUMP</b>		<b>BODYPUMP</b>		<b>ONDEMAND</b>	<b>ONDEMAND</b>
5:00am	<b>BODYPUMP</b>		<b>CORE</b>		<i>sprint</i>		
5:45am	LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES					<b>GRIT</b> CARDIO	<b>GRIT</b> STRENGTH
6:30am						<b>BODYPUMP</b>	<i>sprint</i>
6:45am	<b>CORE</b>	<b>BODYCOMBAT</b>	<b>BODYATTACK</b>	<b>GRIT</b> STRENGTH	<b>GRIT</b> CARDIO		
7:30am	<b>THE TRIP</b>	<b>DANCE</b>	<b>BODYBALANCE</b>	<b>CORE</b>	<b>BODYCOMBAT</b>	LIVE CLASSES	<b>DANCE</b>
8:30am	<b>BODYCOMBAT</b>	<b>BODYPUMP</b>	<b>DANCE</b>	LIVE CLASSES	<b>BODYATTACK</b>	LIVE CLASSES	<b>BODYPUMP</b>
9:30am	LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES						
10:30am	<b>BODYATTACK</b>	<b>BODYBALANCE</b>	<b>BODYPUMP</b>	<b>BODYPUMP</b>	<b>RPM</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>
11:30am							
2:00pm	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>THE TRIP</b>	<b>BODYCOMBAT</b>
3:00pm						<b>BODYBALANCE</b>	<b>BODYBALANCE</b>
3:30pm	<b>BODYPUMP</b>	<i>sprint</i>	<b>BODYPUMP</b>	<b>BODYBALANCE</b>			
4:00pm					<b>BODYPUMP</b>		
4:05pm						<b>BODYPUMP</b>	<b>RPM</b>
4:30pm	LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES						
5:30pm	LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES LIVE CLASSES				<b>RPM</b>	<b>BODYCOMBAT</b>	<b>BODYATTACK</b>
6:30pm	<b>ONDEMAND</b>	<b>ONDEMAND</b>	LIVE CLASSES	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>	<b>ONDEMAND</b>
7:00pm	<b>BODYPUMP</b>	<b>BODYATTACK</b>		<b>BODYCOMBAT</b>	<b>BODYBALANCE</b>	<b>GRIT</b> STRENGTH	<i>sprint</i>

Reminder: bring a towel & water bottle. Sanitize your equipment before & after use

	30 minute classes		1 hour classes
	45 minute classes		

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