



GROUP FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM	MOBILITY STRETCHING STUDIO 1 G&M	YOGA STUDIO 1 M	HIIT STUDIO 1 M	MOBILITY STRETCHING STUDIO 1 G&M	YOGA STUDIO 1 M	HIIT STUDIO 1 M	MOBILITY STRETCHING STUDIO 1 G&M
8:15AM	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M
8:45AM	HATHA YOGA STUDIO 1 G&M	PILATES STUDIO 1	TRX STUDIO 1 M	YOGA STUDIO 1 M	TRX STUDIO 1 M	Physio Pilates STUDIO 1	Physio Pilates STUDIO 1
10:00 AM	HIIT STUDIO 1 M	HATHA YOGA STUDIO 1 G&M	Boxing STUDIO 1	HIIT STUDIO 1 M	VIRTUAL FIT Total Body Dumbbell Workout Studio 1 G&M	STRENGTH & CONDITIONING STUDIO 1	SPINNING STUDIO 1 M Reformer Pilates STUDIO 3
11:15 AM	FUNCTIONAL FITNESS STUDIO 1 G&M	SPINNING STUDIO 1 M	CIRCUIT TRAINING TOTAL BODY STUDIO 1 M	SPINNING BLASTER STUDIO 1	Reformer Pilates STUDIO 3	YOGA STUDIO 1 M	TRAPEZE YOGA STUDIO 3
12:30 PM	STRENGTH & CONDITIONING STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	STRENGTH & CONDITIONING STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	STRENGTH & CONDITIONING STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	STRENGTH & CONDITIONING STUDIO 1
2:00 PM	VIRTUAL FIT Multi-Plane Movement Studio 1	VIRTUAL FIT Total Body Dumbbell Workout Studio 1	VIRTUAL FIT Multi-Plane Movement Studio 1	VIRTUAL FIT Total Body Dumbbell Workout Studio 1	VIRTUAL FIT Multi-Plane Movement Studio 1	VIRTUAL FIT Total Body Dumbbell Workout Studio 1	VIRTUAL FIT Multi-Plane Movement Studio 1
3:15 PM	FUNCTIONAL FITNESS STUDIO 1 G&M	BOOT CAMP STUDIO 2 M Boxing STUDIO 1	TRAPEZE YOGA STUDIO 3 Boxing STUDIO 1	PILATES STUDIO 1	PILATES STUDIO 1	SAMBA STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M
4:30 PM	SAMBA STUDIO 1	VIRTUAL FIT Multi-Plane Movement Studio 1 G&M	ZUMBA STUDIO 1	BOOT CAMP STUDIO 2 M	YOGA STUDIO 1 M	STRENGTH & CONDITIONING STUDIO 1	CIRCUIT TRAINING TOTAL BODY STUDIO 1 M
5:45 PM	HIIT STUDIO 1 M Reformer Pilates STUDIO 3	SPINNING STUDIO 1 M	SPINNING BLASTER STUDIO 1	SPINNING STUDIO 1 M	SPINNING STUDIO 1 M	PILATES STUDIO 1	ZUMBA STUDIO 1
7:00 PM	ZUMBA STUDIO 1	ZUMBA STUDIO 1	ZUMBA STUDIO 1 Hyrox Reload Functional Area	FUSION YOGA STUDIO 1	Boxing STUDIO 1	Capoeira NAGO STUDIO 1	Capoeira NAGO STUDIO 1
8:15 PM	Latin Dance STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	ZUMBA STUDIO 1	HIIT STUDIO 1 M	Latin Dance STUDIO 1	Latin Dance STUDIO 1	Latin Dance STUDIO 1

LEGEND:

M Complimentary for Sound Body™ Members

G&M Complimentary for Sound Body™ Members and Hotel Guests

For more information or to make a booking, please contact the Body Rock® reception
Email: bodyrock@hrhmalta.com | Tel: +356 2299 8125