

# CAMPUSFIT

## VIRTUAL CLASSES

|  | MONDAY                                                  | TUESDAY                                                | WEDNESDAY                                              | THURSDAY                                               | FRIDAY                                                  |
|--|---------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------|
|  | <b>07:15 – 07:45</b><br>GRIT Cardio<br>Fitness Studio   | <b>10:30 – 11:15</b><br>On Demand<br>Fitness Studio    | <b>07:15 – 08:15</b><br>Body Balance<br>Fitness Studio | <b>10:30 – 11:15</b><br>On Demand<br>Fitness Studio    | <b>07:15 – 07:45</b><br>GRIT Athletic<br>Fitness Studio |
|  | <b>13:00 – 13:45</b><br>Body Balance<br>Fitness Studio  | <b>12:15 – 12:45</b><br>Body Pump<br>Fitness Studio    | <b>12:15 – 13:05</b><br>RPM<br>Fitness Studio          | <b>13:00 – 13:45</b><br>Body Balance<br>Fitness Studio | <b>12:15 – 12:45</b><br>CORE<br>Fitness Studio          |
|  | <b>14:00 – 16:00</b><br>On Demand<br>Fitness Studio     | <b>13:00 – 13:30</b><br>RPM<br>Fitness Studio          | <b>14:00 – 16:00</b><br>On Demand<br>Fitness Studio    | <b>17:15 – 18:05</b><br>RPM<br>Fitness Studio          | <b>14:00 – 16:00</b><br>On Demand<br>Fitness Studio     |
|  | <b>17:15 – 18:00</b><br>Body Pump<br>Fitness Studio     | <b>17:15 – 18:00</b><br>Body Balance<br>Fitness Studio | <b>17:15 – 17:45</b><br>GRIT Cardio<br>Fitness Studio  | –                                                      | –                                                       |
|  | <b>18:15 – 18:45</b><br>GRIT Athletic<br>Fitness Studio | <b>18:15 – 19:00</b><br>Body Combat<br>Fitness Studio  | <b>18:15 – 18:45</b><br>Body Pump<br>Fitness Studio    | –                                                      | –                                                       |

Core Workout

On Demand Classes

Cardio Fitness

Strength & Conditioning

All bookings for the gym, classes, PT Sessions and  
Massages, are done via the Campus Fit app.  
Please scan the QR code to download.

