



URBAN RITUAL SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5.10am	BODYPUMP™ 60	LM GRITCARDIO™ 30	BODYPUMP™ 60	CXWORX™ 30	LM GRIT STRENGTH™ 30	6.10am	VIRTUAL BODYPUMP™ 60	VIRTUAL LM GRIT CARDIO™ 30
5.45am		LM GRIT STRENGTH™ 30		LM GRITCARDIO™ 30	BODYPUMP™ 45	7.00am	LM GRIT ATHLETIC™ 30	VIRTUAL BODYPUMP™ 60
6.10am	BODYATTACK™ 45		LM GRIT STRENGTH™ 30			7.30am	LM GRIT STRENGTH™ 30	
6.15am		CXWORX™ 30		BODYPUMP™ 45		8.00am	BODYATTACK™ 60	
6.30am					BODYCOMBAT™ 30	8.30am		LM GRIT ATHLETIC™ 30
7.10am	VIRTUAL BODYCOMBAT™ 60	VIRTUAL BODYCOMBAT™ 60	VIRTUAL LM GRIT CARDIO™ 30	VIRTUAL CXWORX™ 30	VIRTUAL SHBAM™ 45	9.00am	BODYPUMP™ 60	BODYATTACK™ 30
						10.00am	BODYCOMBAT™ 60	BODYPUMP™ 60
9.00am	BODYPUMP™ 60	BODYCOMBAT™ 60	BODYPUMP™ 60	BODYATTACK™ 60	BODYPUMP™ 60	10.30am		
9.30am						11.00am	BODYJAM™ 60	CXWORX™ 30
10.00am	VIRTUAL LM GRIT CARDIO™ 30	BODYPUMP™ 60	VIRTUAL LM GRIT CARDIO™ 30	BODYPUMP™ 60	BODYATTACK™ 60	11.30am		
11.00am	VIRTUAL SHBAM™ 45		VIRTUAL CXWORX™ 30		VIRTUAL CXWORX™ 30			

12.00pm		VIRTUAL LM CARDIO™ 30	BODYPUMP™ 60	VIRTUAL LM GRIT ATHLETIC™ 30		12.00pm		VIRTUAL BODYPUMP™ 60
12.30pm	BODYPUMP™ 45	VIRTUAL CXWORX™ 30		VIRTUAL CXWORX™ 30	BODYPUMP™ 45	12.30pm	VIRTUAL BODYCOMBAT™ 60	
1.30pm	VIRTUAL LM GRIT STRENGTH™ 30	VIRTUAL BODYCOMBAT™ 30	VIRTUAL BODYPUMP™ 60	VIRTUAL LM GRIT CARDIO™ 30	VIRTUAL BODYPUMP™ 60	1.00pm		VIRTUAL SHBAM™ 45
						1.30pm		

2.45pm	VIRTUAL BODYPUMP™ 60	VIRTUAL LM GRIT CARDIO™ 30	VIRTUAL LM GRIT STRENGTH™ 30	VIRTUAL BODYCOMBAT™ 60	VIRTUAL LM GRIT STRENGTH™ 30	2.00pm	VIRTUAL LM GRIT STRENGTH™ 30	VIRTUAL CXWORX™ 30
3.45pm					VIRTUAL LM GRIT CARDIO™ 30	2.30pm		
4.00pm	BODYATTACK™ 60	LM GRIT CARDIO™ 30	BODYCOMBAT™ 60	BODYATTACK™ 30		3.00pm	VIRTUAL SHBAM™ 45	

4.30pm		LM GRIT STRENGTH™ 30		LM GRIT STRENGTH™ 30	LM GRIT STRENGTH™ 30	3.30pm		BODYPUMP™ 60
5.00pm	LM GRIT STRENGTH™ 30	CXWORX™ 30	LM GRIT STRENGTH™ 30	CXWORX™ 30	BODYPUMP™ 60	4.00pm		
5.30pm	BODYPUMP™ 60	BODYPUMP™ 60		BODYPUMP™ 60		4.30pm	VIRTUAL LM GRIT CARDIO™ 30	
6.00pm			BODYPUMP™ 60		BODYJAM™ 60	5.00pm		VIRTUAL SHBAM™ 45
6.30pm	BODYJAM™ 60	BODYATTACK™ 45		BODYCOMBAT™ 60		5.30pm	VIRTUAL LM GRIT STRENGTH™ 30	
7.00pm			CXWORX™ 30			6.00pm		
7.15pm		CXWORX™ 30			VIRTUAL BODYCOMBAT™ 60	6.30pm	VIRTUAL BODYPUMP™ 45	VIRTUAL BODYCOMBAT™ 45
7.45pm	VIRTUAL BODYCOMBAT™ 30		VIRTUAL SHBAM™ 45	VIRTUAL BODYPUMP™ 60		7.30pm	VIRTUAL BODYCOMBAT™ 45	VIRTUAL BODYPUMP™ 45
8.00pm		VIRTUAL LM GRIT ATHLETIC™ 30			VIRTUAL LM GRIT STRENGTH™ 30			
9.00pm	VIRTUAL CXWORX™ 30	VIRTUAL LM GRIT STRENGTH™ 30	VIRTUAL CXWORX™ 30	VIRTUAL LM GRIT CARDIO™ 30	VIRTUAL CXWORX™ 30			