MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Rush

06:45am Spin Studio



Les Mills **BODY PUMP**

> 18:30pm Studio 1



RIDE Rush

08:00am Spin Studio



RIDE Rush

07:00am Spin Studio



STRENGTH power

06:45am

Studio 1



RIDE Rush

09:00am Spin Studio



SHAPE

08:30am Studio 1



RIDE Rush

18:30pm Spin Studio



Les Mills **BODY** BALANCE

Studio 2



YOGA & **MEDITATION**

> 07:00am Studio 2



RIDE Rush

08:00am Spin Studio



PILATES

08:00am

Studio 1

RIDE Rush

08:15am Spin Studio



RIDE Rush

10:00am Spin Studio



POWER YOGA

09:00am Studio 2



VINYASA YOGA

19:45pm Studio 2



STRENGTH functional

08:45am Studio 1



PILATES

07:30am Studio 1



PILATES

08:15am Studio 1



CORE

08:30am Gym Floor



Les Mills **BODY GOMBAT**

Studio 1



Les Mills **BODY** ₿₫፧፮₿₷₭

Studio 1



power 06:45am Studio 1



AQUA

09:15am Poolside



STEP

08:30am Studio 1



PILATES

08:20am Studio 2



Les Mills **BODY** BALANCE

Studio 2

YOGA

10:35am Studio 2



AQUA

09:30am Poolside



PILATES

07:30am Studio 1



PILATES

09:30am Studio 2



PILATES

08:30am Studio 2



RIDE Rush

09:00am Spin Studio



POWER YOGA

09:00am Studio 1



Les Mills

BODY PUMP 11:30am Studio 1



RIDE Rush

09:30am Spin Studio





08:00am Studio 2



KETTLECISE

09:35am Studio 1



YOGA & **MEDITATION**

09:20am Studio 2

RIDE Rush



Les Mills **BODY** BALANCE

Studio 1



RIDE Rush

09:15am Spin Studio



BODY BALANCE Studio 2



CORE

10:15am Studio 2



RIDE Rhythm 09:40am

09:30am Spin Studio



AQUA

09:15am **Poolside**



BOX

10:05am Studio 1



VINYASA **YOGA** 16:00pm

Studio 1



Les Mills **BODY PUMP** 10:15am

Studio 1



Les Mills

BODY PUMP

08:30am

Studio 1

PILATES

09:00am Studio 2



Spin Studio

AQUA

10:15am **Poolside**



PILATES

09:30am Studio 1



POWER YOGA 09:15am

Studio 2



Les Mills **BODY PUMP** 11:00am

Studio 1



RESTORATIVE YOGA 17:00pm Studio 1

SUNDAY

WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY FRIDAY Les Mills **AQUA** Les Mills **AQUA STRENGTH** Les Mills **BODY PUMP BODY BODY** power **GOMBAT GOMBAT** 09:15am 10:25am 09:30am 10:15am Studio 1 Poolside Studio 1 Poolside Studio 1 Studio 1 **(VINYASA BARRE RIDE Rhythm CORE PILATES YOGA** 11:05am 09:15am 10:30am 10:20am 10:15am Studio 2 Spin Studio Studio 2 Studio 2 Studio 2 **STRENGTH DANCE** Les Mills **SHAPE** Les Mills **BODY BODY PUMP GOMBAT** 12:00pm 09:25am 10:30am 11:05am Studio 1 Studio 1 Studio 1 Gym Floor Studio 1 Les Mills Les Mills **PILATES AQUA SHAPE BODY BODY PUMP** AT: ZOSK 12:00pm 10:15am 11:20am 12:00pm Studio 1 Poolside Studio 2 Studio 1 Studio 1 **RIDE Rush SHAPE** Les Mills **POWER HATHA YOGA BODY PUMP** YOGA 12:00pm 10:15am 12:05pm 11:30am 13:00pm Spin Studio Studio 1 Studio 1 Studio 2 Studio 1 **PILATES BARRE** Les Mills Les Mills **PILATES BODY BODY** BALANCE BALANCE 12:50pm 10:15am 14:00pm Studio 2 Studio 2 Studio 2 Studio 1 Studio 1 (\bigcirc) **POWER MOVE CORE DANCE STRENGTH YOGA** 12:55pm 11:05am 13:00pm 13:00pm 17:00pm Studio 1 Studio 2 Studio 1 Studio 1 Gym Floor

AQUA

13:40pm

Poolside

PILATES

11:05am

Studio 1

YOGA

13:05pm

Studio 2

STRETCH

13:50pm

Studio 1

YOGA & MEDITATION

18:00pm

Studio 2

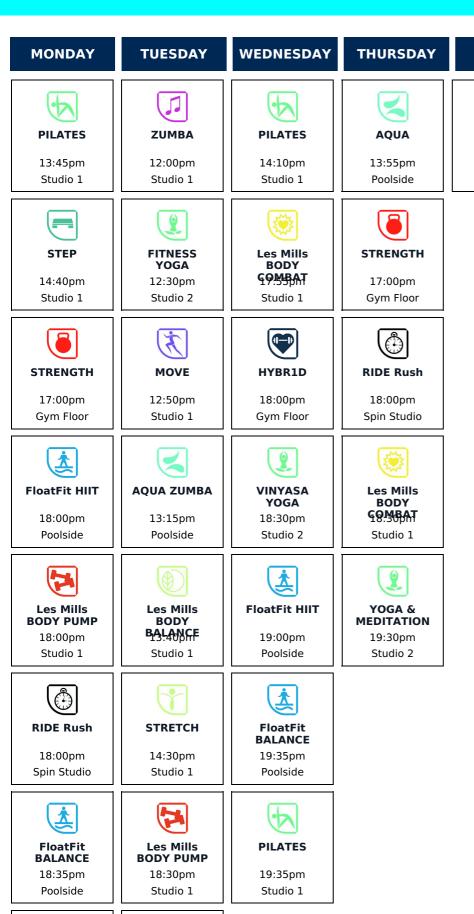
SUNDAY

SATURDAY

FRIDAY

Les Mills BODY GOMBAT

Studio 1







SUNDAY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

OUTDOOR

19:00pm Outside VINYASA YOGA 19:45pm Studio 2



19:00pm Spin Studio





Valid from 01/09/2025 to 05/09/2025.