















































































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 06:45am Spin Studio	 STRENGTH 06:45am Studio 1	 RIDE Rush 08:00am Spin Studio	 RIDE Rush 07:00am Spin Studio	 STRENGTH 06:45am Studio 1	 RIDE Rush 08:15am Spin Studio	 RIDE Rush 09:00am Spin Studio
 SHAPE 08:30am Studio 1	 PILATES 07:30am Studio 1	 Les Mills Body Balance 08:30am Studio 2	 Yoga & Meditation 07:00am Studio 2	 RIDE Rush 08:00am Spin Studio	 Les Mills Body Balance 09:00am Studio 2	 RIDE Rush 10:00am Spin Studio
 Power Yoga 09:00am Studio 2	 Body Pump 08:30am Studio 1	 SHAPE 08:45am Studio 1	 PILATES 07:30am Studio 1	 PILATES 08:15am Studio 1	 YOGA 09:00am Studio 1	 Body Combat 10:30am Studio 1
 Les Mills Body Attack 09:25am Studio 1	 PILATES 09:00am Studio 2	 AQUA 09:15am Poolside	 STEP 08:30am Studio 1	 RIDE Rush 09:00am Spin Studio	 RIDE Rhythm 09:15am Spin Studio	 YOGA 10:35am Studio 2
 RIDE Rush 09:30am Spin Studio	 AQUA 09:15am Poolside	 PILATES 09:30am Studio 2	 PILATES 08:30am Studio 2	 Les Mills Body Balance 09:15am Studio 1	 Les Mills Body Balance 10:00am Studio 2	 Body Pump 11:30am Studio 1
 AQUA 10:00am Poolside	 RIDE Rhythm 09:15am Spin Studio	 Kettlecise 09:30am Studio 1	 RIDE Rush 09:30am Spin Studio	 Vinyasa Yoga 09:15am Studio 2	 BOX 10:05am Studio 1	 Les Mills Body Balance 11:45am Studio 2
 CORE 10:15am Studio 2	 BLAST 09:25am Studio 1	 RIDE Rhythm 09:40am Spin Studio	 PILATES 09:30am Studio 1	 SHAPE 10:05am Studio 1	 Body Pump 11:00am Studio 1	 PILATES 16:00pm Studio 1
 Body Pump 10:15am Studio 1	 SHAPE 10:15am Studio 1	 AQUA 10:15am Poolside	 AQUA 10:00am Poolside	 BARRE 10:15am Studio 2		 YOGALATES 17:00pm Studio 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 STEP 11:05am Studio 1	 BARRE 10:15am Studio 2	 Body Pump 10:25am Studio 1	 PILATES 10:15am Studio 2	 Body Pump 11:00am Studio 1		 PILATES 18:00pm Studio 1
 Les Mills Body Balance 11:10am Studio 2	 AQUA 10:15am Poolside	 RIDE Rhythm 10:30am Spin Studio	 SHAPE 10:30am Studio 1	 SHAPE 12:00pm Studio 1		
 PILATES 11:55am Studio 1	 PILATES 11:05am Studio 1	 Body Combat 11:15am Studio 1	 Body Pump 11:20am Studio 1	 CORE 13:00pm Studio 1		
 HIIT 12:00pm Gym Floor	 CORE 11:05am Studio 2	 CORE 11:15am Studio 2	 YOGA 11:30am Studio 2	 Hatha Yoga 14:00pm Studio 1		
 MOVE 12:45pm Studio 1	 ZUMBA 12:00pm Studio 1	 HIIT 12:00pm Gym Floor	 Les Mills Body Balance 12:10pm Studio 1	 HIIT Circuits 16:30pm Gym Floor		
 PILATES 12:45pm Studio 2	 MOVE 12:45pm Studio 1	 Body Pump 12:05pm Studio 1	 MOVE 13:00pm Studio 1	 YOGA 18:15pm Studio 1		
 PILATES 13:35pm Studio 1	 AQUA ZUMBA 13:15pm Poolside	 Les Mills Body Balance 12:10pm Studio 2	 STRETCH 13:50pm Studio 1			
 RIDE Rush 13:40pm Spin Studio	 Les Mills Body Balance 13:40pm Studio 1	 RIDE Rush 12:15pm Spin Studio	 AQUA 13:55pm Poolside			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>AQUA</p> <p>13:40pm Poolside</p>	 <p>STRETCH</p> <p>14:30pm Studio 1</p>	 <p>YOGA</p> <p>13:00pm Studio 1</p>	 <p>HIIT</p> <p>16:30pm Gym Floor</p>			
 <p>HIIT</p> <p>16:30pm Gym Floor</p>	 <p>Body Pump</p> <p>18:30pm Studio 1</p>	 <p>PILATES</p> <p>14:00pm Studio 1</p>	 <p>RIDE Rush</p> <p>18:00pm Spin Studio</p>			
 <p>Body Pump</p> <p>18:00pm Studio 1</p>	 <p>RIDE Rush</p> <p>18:30pm Spin Studio</p>	 <p>SILVER SWANS</p> <p>14:00pm Studio 2</p>	 <p>Body Combat</p> <p>18:30pm Studio 1</p>			
 <p>RIDE Rush</p> <p>18:00pm Spin Studio</p>	 <p>Les Mills Body Attack</p> <p>19:20pm Studio 1</p>	 <p>HIIT Strength</p> <p>17:00pm Gym Floor</p>	 <p>Vinyasa Yoga</p> <p>19:30pm Studio 2</p>			
 <p>Les Mills Body Balance</p> <p>18:50pm Studio 1</p>	 <p>YOGA</p> <p>19:45pm Studio 2</p>	 <p>Body Combat</p> <p>17:55pm Studio 1</p>				
 <p>RIDE Rush</p> <p>19:00pm Spin Studio</p>		 <p>Yin Yoga</p> <p>18:30pm Studio 2</p>				
		 <p>Kettlecise</p> <p>18:45pm Studio 1</p>				
		 <p>PILATES</p> <p>19:35pm Studio 1</p>				

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 04/12/2023 to 08/12/2023.