MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



FloatFit HIIT

18:00pm Poolside



STRENGTH power

06:45am Studio 1



RIDE Rush

08:00am Spin Studio



RIDE Rush

07:00am Spin Studio



STRENGTH

power 06:45am Studio 1



PILATES

08:00am Studio 1



RIDE Rush

09:00am Spin Studio



Les Mills **BODY PUMP**

18:00pm Studio 1



PILATES

07:30am Studio 1



Les Mills **BODY** BALANCE

Studio 2



YOGA & **MEDITATION**

07:00am Studio 2



RIDE Rush

08:00am Spin Studio



RIDE Rush

08:15am Spin Studio



RIDE Rush

10:00am Spin Studio



RIDE Rush

18:15pm Spin Studio



PILATES

08:00am 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 GO!MBAT**

Studio 1





FloatFit BALANCE

18:35pm Poolside



Les Mills **BODY PUMP**

08:30am 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



Les Mills **BODY** BALANCE

Studio 1



PILATES

09:00am Studio 2



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 GOMBAT**

Studio 1



RIDE Rush

19:00pm Spin Studio



AQUA

09:15am Poolside



KETTLECISE

09:35am Studio 1



CORE

09:00am Gym Floor



Les Mills

BODY BALANCE Studio 1



RIDE Rush

09:15am Spin Studio



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Studio 2



VINYASA **YOGA**

19:30pm Studio 2



RIDE Rhythm

09:15am Spin Studio



RIDE Rhythm

09:40am Spin Studio



YOGA & MEDITATION

09:20am Studio 2



AQUA

09:15am Poolside





10:05am Studio 1



Les Mills **BODY GOMBAT**



09:25am Studio 1



10:15am Poolside



RIDE Rush

09:30am Spin Studio



POWER YOGA

09:15am Studio 2



Les Mills **BODY PUMP**

11:00am Studio 1













SUNDAY

WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY FRIDAY RIDE Rush AQUA Les Mills **PILATES BARRE** Les Mills **BODY PUMP BODY GOMBAT** 06:45am 10:15am 10:25am 09:30am 10:15am Spin Studio Poolside Studio 1 Studio 1 Studio 2 Studio 1 **(STRENGTH SHAPE BARRE CORE AQUA** power 08:30am 10:15am 10:15am 10:30am 09:30am Studio 1 Studio 2 Studio 2 Poolside Studio 1 **POWER YOGA SHAPE** Les Mills **PILATES** Les Mills **BODY BODY PUMP GOMBAT** 09:00am 10:15am 10:20am 11:05am Studio 1 Studio 2 Studio 1 Studio 1 Studio 2 Les Mills Les Mills **SHAPE FITNESS PILATES BODY BODY YOGA** OJ: ZASK AT: TOSK 11:05am 10:30am 11:30am Studio 1 Studio 1 Studio 2 Studio 1 Studio 2 **(RIDE Rush CORE RIDE Rush** Les Mills **SHAPE BODY PUMP** 09:30am 11:05am 11:20am 12:00pm 12:00pm Spin Studio Studio 2 Spin Studio Studio 1 Studio 1 **AQUA ZUMBA** Les Mills **POWER YOGA HATHA YOGA BODY PUMP** 12:05pm 13:00pm 09:30am 12:00pm 11:30am Poolside Studio 1 Studio 1 Studio 2 Studio 1 **FITNESS** Les Mills Les Mills **CORE PILATES BODY YOGA BODY** BALANCE BALANCE 10:15am 12:30pm 14:00pm Studio 2 Studio 2 Studio 2 Studio 1 Studio 1

Les Mills

BODY PUMP

10:15am

Studio 1

MOVE

12:50pm

Studio 1

POWER YOGA

13:00pm

Studio 1

DANCE

13:00pm

Studio 1

YOGA &

MEDITATION

18:00pm

Studio 2

SUNDAY

SATURDAY

FRIDAY

Les Mills

BODY

GRIMBAT

Studio 1



PILATES

19:35pm

Studio 1



Studio 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

13:45pm Studio 1



STEP

14:40pm Studio 1



STRENGTH

17:00pm Gym Floor



FloatFit HIIT

18:00pm Poolside



Les Mills BODY PUMP

18:00pm Studio 1



RIDE Rush

18:15pm Spin Studio



FloatFit BALANCE

18:35pm Poolside



Les Mills BODY BALANCE

Studio 1

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY





Valid from 14/07/2025 to 18/07/2025.