MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Rush

06:45am Spin Studio



STRENGTH power

06:45am Studio 1



RIDE Rush

08:00am Spin Studio



YOGA & **MEDITATION**

07:00am Studio 2



STRENGTH

power 06:45am Studio 1



PILATES

08:00am Studio 1



Les Mills **BODY**

68.MBAT Studio 1



SHAPE

08:30am Studio 1



PILATES

07:30am Studio 1



Les Mills **PILATES BODY**

BALANCE

07:30am Studio 2 Studio 1



RIDE Rush

08:00am Spin Studio



RIDE Rush

08:15am Spin Studio



RIDE Rush

09:00am Spin Studio



POWER YOGA

09:00am Studio 2



PILATES

08:00am Studio 2



STRENGTH functional

08:45am Studio 1



STEP

08:30am Studio 1



PILATES

08:15am Studio 1



CORE

08:30am Gym Floor



RIDE Rush

10:00am Spin Studio



Les Mills **BODY** ₿₫:₮₳₷₭

Studio 1



Les Mills **BODY PUMP**

08:30am Studio 1



AQUA

09:15am Poolside



PILATES

08:30am Studio 2



PILATES

08:20am Studio 2



Les Mills **BODY**

BALANCE Studio 2



GOLF

10:00am Golf



AQUA

09:30am Poolside



PILATES

09:00am Studio 2



PILATES

09:30am Studio 2



YOGA & **MEDITATION**

09:20am Studio 2



RIDE Rush

09:00am Spin Studio



POWER YOGA

09:00am Studio 1



Les Mills **BODY GOMBAT**

Studio 1



RIDE Rush

09:30am Spin Studio



AQUA

09:15am Poolside



KETTLECISE

09:35am Studio 1



RIDE Rush

09:30am Spin Studio



Les Mills **BODY** BALANCE

Studio 1



RIDE Rush

09:15am Spin Studio



YOGA

10:35am Studio 2



CORE

10:15am Studio 2



RIDE Rhythm

09:15am Spin Studio



RIDE Rhythm

09:40am Spin Studio



PILATES

09:30am Studio 1



AQUA

09:15am **Poolside**



BOX

10:05am Studio 1



Les Mills **BODY PUMP**

11:30am

Studio 1



Les Mills **BODY PUMP**

10:15am Studio 1



DANCE

09:25am Studio 1



AQUA

10:15am **Poolside**



AQUA

09:30am Poolside



POWER YOGA

09:15am Studio 2



Les Mills

BODY PUMP 11:00am Studio 1



Les Mills **BODY** BALANCE Studio 2

SUNDAY

VINYASA

YOGA

16:00pm

Studio 1

RESTORATIVE

YOGA

17:00pm

Studio 1

WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY FRIDAY Les Mills **AQUA** Les Mills **PILATES STRENGTH** Les Mills **BODY PUMP BODY BODY** power **GOMBAT GOMBAT** 10:15am 10:25am 10:20am 10:15am Studio 1 Poolside Studio 1 Studio 2 Studio 1 Studio 1 **(** VINYASA **BARRE SHAPE CORE SHAPE YOGA** 11:05am 10:15am 10:30am 10:30am 10:15am Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 **STRENGTH BARRE** Les Mills Les Mills Les Mills **BODY BODY PUMP BODY PUMP GOMBAT** 12:00pm 10:15am 11:20am 11:05am Studio 1 Studio 2 Studio 1 Studio 1 Gym Floor **@ RIDE Rush PILATES CORE POWFR YOGA YOGA** 12:00pm 11:05am 12:00pm 11:30am 11:30am Studio 1 Studio 2 Spin Studio Studio 2 Studio 2 **RIDE Rush PILATES** Les Mills Les Mills **SHAPE BODY PUMP BODY BALANCE** 12:00pm 11:05am 12:05pm 12:00pm Spin Studio Studio 1 Studio 1 Studio 1 Studio 1 Meno Fit™ Les Mills **MENOFIT** Les Mills **MOVE HATHA YOGA BODY BODY** BALANCE BALANCE 11:40am 13:00pm 13:00pm Studio 2 Studio 2 Studio 2 Studio 1 Studio 1 **POWER STRETCH PILATES ZUMBA PILATES YOGA** 12:50pm 12:00pm 13:00pm 13:50pm 14:00pm Studio 2 Studio 1 Studio 1 Studio 1 Studio 1

MOVE

12:55pm

Studio 1

FITNESS

YOGA 12:40pm

Studio 2

YOGA

13:05pm

Studio 2

AQUA

13:55pm

Poolside

STRENGTH

17:00pm

Gym Floor

THURSDAY

STRENGTH

17:00pm

Gym Floor

RIDE Rush

18:00pm

Spin Studio

YOGA &

MEDITATION

19:30pm

Studio 2

FRIDAY

YOGA &

MEDITATION

18:00pm

Studio 2

Les Mills

BODY GRIMBAT

Studio 1

SUNDAY

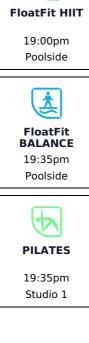
SATURDAY

WEDNESDAY MONDAY TUESDAY AQUA MOVE PILATES 13:40pm 12:50pm 14:10pm Poolside Studio 1 Studio 1 Meno Fit™ **AQUA ZUMBA MENOFIT PILATES** 13:45pm 13:15pm 15:00pm Studio 1 Poolside Studio 1 **STEP** Les Mills Les Mills **BODY BODY** BALANCE **GPMBAT** 14:40pm Studio 1 Studio 1 Studio 1 **STRENGTH STRETCH HYBR1D** 17:00pm 14:30pm 18:00pm Gym Floor Studio 1 Gym Floor **GOLF** Les Mills **VINYASA BODY PUMP** YOGA 17:00pm 18:30pm 18:30pm Golf Studio 1 Studio 2 FloatFit HIIT **RIDE Rush** FloatFit HIIT 18:00pm 18:30pm 19:00pm Poolside Spin Studio Poolside **VINYASA** Les Mills **FloatFit BODY PUMP** YOGA **BALANCE** 18:00pm 19:45pm 19:35pm Studio 1 Studio 2 Poolside

HYBR1D

18:00pm

Gym Floor



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



OUTDOOR

18:30pm Outside



RIDE Rush

18:30pm Spin Studio



FloatFit BALANCE

18:35pm Poolside



Les Mills BODY GOMBAT

Studio 1



VINYASA YOGA

19:30pm Studio 2



Les Mills BODY BALANCE

Studio 1

Valid from 01/12/2025 to 05/12/2025.