


































































































GROUP CLASSES TIMETABLE

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	 YOGA 18:15pm 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	 STRENGTH 06:45am Studio 1	 CORE 08:30am Gym Floor	 RIDE Rush 10:00am Spin Studio
 POWER YOGA 09:00am Studio 2	 Les Mills BODY PUMP 08:30am Studio 1	 SHAPE 08:45am Studio 1	 PILATES 07:30am Studio 1	 RIDE Rush 08:00am Spin Studio	 Les Mills BODY BALANCE 09:00am Studio 2	 Les Mills 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	 PILATES 08:15am Studio 1	 POWER YOGA 09:00am Studio 1	 YOGA & MEDITATION 10:35am Studio 2
 RIDE Rush 09:30am Spin Studio	 AQUA 09:15am Poolside	 PILATES 09:30am Studio 2	 PILATES 08:30am Studio 2	 PILATES 08:20am Studio 2	 RIDE Rhythm 09:15am Spin Studio	 Les Mills BODY PUMP 11:30am Studio 1
 AQUA 10:00am Poolside	 RIDE Rhythm 09:15am Spin Studio	 KETTLECISE 09:30am Studio 1	 CORE 09:00am Gym Floor	 RIDE Rush 09:00am Spin Studio	 Les Mills BODY BALANCE 10:00am Studio 2	 Les Mills BODY BALANCE 11:45am Studio 2
 CORE 10:15am Studio 2	 BLAST 09:25am Studio 1	 RIDE Rhythm 09:40am Spin Studio	 RIDE Rush 09:30am Spin Studio	 AQUA 09:10am Poolside	 BOX 10:05am Studio 1	 PILATES 16:00pm Studio 1
 Les Mills BODY PUMP 10:15am Studio 1	 SHAPE 10:15am Studio 1	 AQUA 10:15am Poolside	 PILATES 09:30am Studio 1	 Les Mills BODY BALANCE 09:15am Studio 1	 Les Mills BODY PUMP 11:00am Studio 1	 YOGALATES 17:00pm Studio 1

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY COMBAT 11:05am Studio 1	 BARRE 10:15am Studio 2	 Les Mills BODY PUMP 10:20am Studio 1	 AQUA 10:00am Poolside	 Vinyasa Yoga 09:15am Studio 2	 Les Mills BODY COMBAT 11:55am Studio 1	
 Vinyasa Yoga 11:05am Studio 2	 AQUA 10:15am Poolside	 CORE 11:15am Studio 2	 PILATES 10:15am Studio 2	 SHAPE 10:05am Studio 1		
 PILATES 11:55am Studio 1	 CORE 11:05am Studio 2	 Les Mills BODY COMBAT 11:15am Studio 1	 SHAPE 10:30am Studio 1	 BARRE 10:15am Studio 2		
 Les Mills BODY BALANCE 11:55am Studio 2	 PILATES 11:05am Studio 1	 Les Mills BODY PUMP 12:05pm Studio 1	 Les Mills BODY PUMP 11:20am Studio 1	 Les Mills BODY PUMP 11:00am Studio 1		
 STRENGTH 12:00pm Gym Floor	 ZUMBA 12:00pm Studio 1	 Les Mills BODY BALANCE 12:10pm Studio 2	 YOGA 11:30am Studio 2	 SHAPE 11:30am Studio 2		
 MOVE 12:45pm Studio 1	 FITNESS YOGA 12:30pm Studio 2	 RIDE Rush 12:15pm Spin Studio	 Les Mills BODY BALANCE 12:10pm Studio 1	 SHAPE 12:00pm Studio 1		
 PILATES 12:45pm Studio 2	 MOVE 12:45pm Studio 1	 YOGA 13:00pm Studio 1	 MOVE 13:00pm Studio 1	 PILATES 13:00pm Studio 1		
 PILATES 13:35pm Studio 1	 AQUA ZUMBA 13:15pm Poolside	 YOGA 13:05pm Studio 2	 STRETCH 13:50pm Studio 1	 HATHA YOGA 14:00pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> RIDE Rush 13:40pm Spin Studio</div>	<div> Les Mills BODY BALANCE 13:40pm Studio 1</div>	<div> SILVER SWANS 14:05pm Studio 2</div>	<div> AQUA 13:55pm Poolside</div>	<div> STRENGTH 17:00pm Gym Floor</div>		
<div> AQUA 13:40pm Poolside</div>	<div> STRETCH 14:30pm Studio 1</div>	<div> PILATES 14:10pm Studio 1</div>	<div> STRENGTH 17:00pm Gym Floor</div>	<div> YOGA 18:15pm Studio 1</div>		
<div> STRENGTH 17:00pm Gym Floor</div>	<div> Les Mills BODY PUMP 18:30pm Studio 1</div>	<div> STRENGTH 17:00pm Gym Floor</div>	<div> RIDE Rush 18:00pm Spin Studio</div>			
<div> Les Mills BODY PUMP 18:00pm Studio 1</div>	<div> RIDE Rush 18:30pm Spin Studio</div>	<div> Les Mills BODY COMBAT 17:55pm Studio 1</div>	<div> Les Mills BODY COMBAT 18:30pm Studio 1</div>			
<div> RIDE Rush 18:00pm Spin Studio</div>	<div> Les Mills BODY ATTACK 19:20pm Studio 1</div>	<div> YOGA 18:30pm Studio 2</div>	<div> Vinyasa Yoga 19:30pm Studio 2</div>			
<div> Les Mills BODY BALANCE 18:50pm Studio 1</div>	<div> YOGA 19:45pm Studio 2</div>	<div> KETTLECISE 18:45pm Studio 1</div>				
<div> RIDE Rush 19:00pm Spin Studio</div>		<div> PILATES 19:35pm Studio 1</div>				
<div> Les Mills BODY COMBAT 19:40pm Studio 1</div>		<div> CORE 19:35pm Studio 2</div>				

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

Valid from 13/05/2024 to 17/05/2024.