
























































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 PILATES 08:00am Studio 2	 RIDE Rhythm 07:00am Studio 3	 RIDE Rhythm 07:00am Studio 3	 PILATES 09:15am Studio 2	 PILATES 08:00am Studio 2	 BOX 08:00am Studio 1	 Les Mills BODY PUMP 09:15am Studio 1
 Les Mills BODY PUMP 09:00am Studio 1	 FITNESS PILATES 08:15am Studio 2	 PILATES 08:00am Studio 2	 RIDE Race 09:30am Studio 3	 Les Mills BODY PUMP 08:15am Studio 1	 Les Mills BODY PUMP 09:00am Studio 1	 VINYASA YOGA 09:30am Studio 2
 PILATES 09:15am Studio 2	 SHAPE 09:15am Studio 1	 Les Mills BODY PUMP 09:00am Studio 1	 GROOVE AEROBICS 09:55am Studio 1	 Les Mills BODY BALANCE 09:15am Studio 2	 YOGALATES 09:10am Studio 2	 Les Mills BODY ATTACK 10:15am Studio 1
 RIDE Rhythm 09:30am Studio 3	 VINYASA YOGA 09:15am Studio 2	 PILATES 09:00am Studio 2	 YOGA 10:15am Studio 2	 STEP 09:30am Studio 1	 AQUA 09:45am Pool	 HIIT Circuits 10:30am Gym Floor
 Les Mills BODY COMBAT 10:00am Studio 1	 RIDE Rhythm 09:30am Studio 3	 YOGALATES 09:55am Studio 2	 CORE 10:30am Gym Floor	 VINYASA YOGA 10:15am Studio 2	 Les Mills BODY COMBAT 10:00am Studio 1	 RIDE Rhythm 10:30am Studio 3
 AQUA 10:00am Pool	 BAG BASS BOX 10:15am Studio 1	 STEP 10:00am Studio 1	 AQUA 10:30am Pool	 RIDE Rhythm 10:15am Studio 3	 Les Mills BODY BALANCE 10:05am Studio 2	 FITNESS PILATES 11:15am Studio 1
 Les Mills BODY BALANCE 10:05am Studio 2	 PILATES 10:15am Studio 2	 RIDE Rhythm 10:00am Studio 3	 Les Mills BODY BALANCE 10:45am Studio 1	 HIIT Circuits 10:30am Gym Floor	 CORE 11:00am Gym Floor	 CORE 17:30pm Gym Floor
 HIIT Strength 10:30am Gym Floor	 AQUA 10:15am Pool	 HIIT Circuits 10:30am Gym Floor	 PILATES 11:30am Studio 2	 SHAPE 10:30am Studio 1	 RIDE Race 11:00am Studio 3	









GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY BALANCE 10:30am Studio 2	 CORE 10:30am Gym Floor	 PURE STRETCH 10:50am Studio 2	 ZUMBA GOLD 11:45am Studio 1	 YOGA 11:15am Studio 2	 HIIT Cardio 17:30pm Gym Floor	
 ZUMBA 11:00am Studio 1	 Les Mills BODY PUMP 11:15am Studio 1	 ZUMBA 11:00am Studio 1	 PILATES 12:30pm Studio 2	 MOVE 11:30am Studio 1		
 YOGA 11:45am Studio 2	 BARRE 11:15am Studio 2	 HATHA YOGA 11:45am Studio 2	 HIIT Strength 17:30pm Gym Floor	 PILATES 12:30pm Studio 1		
 STEP 17:10pm Studio 1	 RIDE Rush 11:15am Studio 3	 ZUMBA GOLD 12:30pm Studio 1	 Les Mills BODY ATTACK 17:45pm Studio 1	 TAI CHI 12:30pm Studio 2		
 CORE 17:30pm Gym Floor	 AQUA ZUMBA 12:00pm Pool	 PILATES 17:15pm Studio 2	 PILATES 18:00pm Studio 2	 AQUA 12:30pm Pool		
 RIDE Race 18:00pm Studio 3	 PILATES 12:15pm Studio 1	 CORE 17:30pm Gym Floor	 RIDE Rhythm 18:30pm Studio 3	 CORE 17:30pm Gym Floor		
 Les Mills BODY PUMP 18:05pm Studio 1	 YOGA 13:10pm Studio 2	 SHAPE 17:45pm Studio 1	 Les Mills BODY PUMP 18:45pm Studio 1	 BAG BASS BOX 17:30pm Studio 1		
 RIDE Rhythm Disco 19:00pm Studio 3	 HIIT Cardio 17:30pm Gym Floor	 ZUMBA 18:30pm Studio 2	 YOGA 19:00pm Studio 2	 AQUA ZUMBA 17:30pm Pool		








GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 BAG BASS BOX 19:00pm Studio 1	 Les Mills BODY BALANCE 17:30pm Studio 1	 RIDE Race 18:30pm Studio 3	 AQUA 19:05pm Pool	 PURE STRETCH 18:00pm Studio 2		
 PILATES 19:00pm Studio 2	 PILATES 18:00pm Studio 2	 BAG BASS BOX 18:40pm Studio 1	 FITNESS PILATES 19:40pm Studio 1	 RIDE Rhythm 18:00pm Studio 3		
	 RIDE Rhythm 18:00pm Studio 3	 STRETCH 19:30pm Studio 2	 MINDFULNESS & MEDITATION 20:00pm Studio 2	 ZUMBA 18:30pm Studio 1		
	 Les Mills BODY COMBAT 18:25pm Studio 1		 YOGALATES 08:10am Studio 2			
	 RIDE Rhythm Disco 19:00pm Studio 3		 SHAPE 09:00am Studio 1			
	 YOGA 19:00pm Studio 2		 PILATES 09:15am Studio 2			
	 Les Mills BODY PUMP 19:20pm Studio 1		 RIDE Race 09:30am Studio 3			
			 GROOVE AEROBICS 09:55am Studio 1			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<div><p>YOGA</p><p>10:15am Studio 2</p></div>			
			<div><p>CORE</p><p>10:30am Gym Floor</p></div>			
			<div><p>AQUA</p><p>10:30am Pool</p></div>			
			<div><p>PILATES</p><p>11:30am Studio 2</p></div>			
			<div><p>ZUMBA GOLD</p><p>11:45am Studio 1</p></div>			
			<div><p>PILATES</p><p>12:30pm Studio 2</p></div>			
			<div><p>HIIT Strength</p><p>17:30pm Gym Floor</p></div>			
			<div><p>Les Mills BODY ATTACK</p><p>17:45pm Studio 1</p></div>			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<div><p>PILATES</p><p>18:00pm Studio 2</p></div>			
			<div><p>RIDE Rhythm</p><p>18:30pm Studio 3</p></div>			
			<div><p>Les Mills BODY PUMP</p><p>18:45pm Studio 1</p></div>			
			<div><p>YOGA</p><p>19:00pm Studio 2</p></div>			
			<div><p>AQUA</p><p>19:05pm Pool</p></div>			
			<div><p>FITNESS PILATES</p><p>19:40pm Studio 1</p></div>			
			<div><p>MINDFULNESS & MEDITATION</p><p>20:00pm Studio 2</p></div>			

Valid from 18/11/2024 to 22/11/2024.