

































































































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	 YOGALATES 08:10am Studio 2	 PILATES 08:00am Studio 2	 BOX 08:00am Studio 1	 CORE 17:30pm Gym Floor
 Les Mills BODY PUMP 09:00am Studio 1	 FITNESS PILATES 08:15am Function Room	 PILATES 08:00am Studio 2	 SHAPE 09:00am Studio 1	 Les Mills BODY PUMP 08:15am Studio 1	 Les Mills BODY PUMP 09:00am Studio 1	 Les Mills BODY PUMP 09:15am Studio 1
 PILATES 09:15am Studio 2	 SHAPE 09:15am Studio 1	 Les Mills BODY PUMP 09:00am Studio 1	 PILATES 09:15am Studio 2	 Les Mills BODY BALANCE 09:15am Studio 2	 YOGALATES 09:10am Studio 2	 VINYASA YOGA 09:30am Studio 2
 RIDE Rhythm 09:30am Studio 3	 VINYASA YOGA 09:15am Studio 2	 PILATES 09:00am Studio 2	 RIDE Race 09:30am Studio 3	 STEP 09:30am Studio 1	 AQUA 09:45am Pool	 Les Mills BODY ATTACK 10:15am Studio 1
 Les Mills BODY COMBAT 10:00am Studio 1	 RIDE Rhythm 09:30am Studio 3	 RIDE Rhythm Disco 09:20am Studio 3	 GROOVE AEROBICS 09:55am Studio 1	 RIDE Rhythm 10:15am Studio 3	 Les Mills BODY COMBAT 10:00am Studio 1	 HIIT Circuits 10:30am Gym Floor
 AQUA 10:00am Pool	 AQUA 10:15am Pool	 YOGALATES 09:55am Studio 2	 YOGA 10:15am Studio 2	 VINYASA YOGA 10:15am Studio 2	 Les Mills BODY BALANCE 10:05am Studio 2	 RIDE Rhythm 10:30am Studio 3
 Les Mills BODY BALANCE 10:05am Studio 2	 PILATES 10:15am Studio 2	 STEP 10:00am Studio 1	 CORE 10:30am Gym Floor	 HIIT Circuits 10:30am Gym Floor	 CORE 11:00am Gym Floor	 Les Mills BODY BALANCE 10:45am Studio 2
 HIIT Circuits 10:30am Gym Floor	 BAG BASS BOX 10:15am Studio 1	 RIDE Rhythm 10:00am Studio 3	 AQUA 10:30am Pool	 SHAPE 10:30am Studio 1	 RIDE Race 11:00am Studio 3	 FITNESS PILATES 11:15am Studio 1

GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>FITNESS PILATES 18:00pm Studio 2</p>	 <p>Les Mills BODY BALANCE 17:30pm Studio 1</p>	 <p>SHAPE 17:45pm Studio 1</p>	 <p>Les Mills BODY PUMP 18:45pm Studio 1</p>	 <p>PURE STRETCH 18:00pm Studio 2</p>		
 <p>Les Mills BODY PUMP 18:05pm Studio 1</p>	 <p>RIDE Rhythm 18:00pm Studio 3</p>	 <p>ZUMBA 18:30pm Studio 2</p>	 <p>HYBRID 19:00pm Gym Floor</p>	 <p>RIDE Rhythm 18:00pm Studio 3</p>		
 <p>RIDE Rhythm Disco 19:00pm Studio 3</p>	 <p>PILATES 18:00pm Studio 2</p>	 <p>RIDE Race 18:30pm Studio 3</p>	 <p>YOGA 19:00pm Studio 2</p>	 <p>ZUMBA 18:30pm Studio 1</p>		
 <p>PILATES 19:00pm Studio 2</p>	 <p>Les Mills BODY COMBAT 18:25pm Studio 1</p>	 <p>BAG BASS BOX 18:40pm Studio 1</p>	 <p>AQUA 19:05pm Pool</p>	 <p>BARRE 19:00pm Studio 2</p>		
 <p>BAG BASS BOX 19:00pm Studio 1</p>	 <p>YOGA 19:00pm Studio 2</p>	 <p>STRETCH 19:30pm Function Room</p>	 <p>HYBRID 19:30pm Gym Floor</p>			
	 <p>RIDE Rhythm Disco 19:00pm Studio 3</p>	 <p>Les Mills BODY BALANCE 19:40pm Studio 1</p>	 <p>FITNESS PILATES 19:40pm Studio 1</p>			
	 <p>Les Mills BODY PUMP 19:20pm Studio 1</p>		 <p>MINDFULNESS & MEDITATION 20:00pm Studio 2</p>			

Valid from 31/03/2025 to 04/04/2025.