

























































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 06:45am Spin Studio	 Les Mills BODY PUMP 17:30pm Studio 1	 HIIT Circuits 06:45am Studio 1	 BOX 06:45am Studio 1	 BLAST 07:00am Studio 1	 BAG BASS BOX 08:30am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1
 HIIT Circuits 07:00am Outside	 RIDE Rhythm 17:45pm Spin Studio	 FITNESS PILATES 08:30am Studio 2	 PILATES 08:30am Studio 2	 YOGA 07:00am Studio 2	 RIDE Race 09:30am Spin Studio	 RIDE Rhythm 09:30am Spin Studio
 PILATES 08:30am Studio 2	 OUTDOOR 17:45pm Outside	 Les Mills BODY PUMP 08:30am Studio 1	 AQUA 09:15am Pool	 FITNESS PILATES 08:30am Studio 2	 Les Mills BODY ATTACK 09:30am Studio 1	 Les Mills BODY BALANCE 09:30am Studio 2
 HIIT Strength 09:30am Gym Floor	 HYBR1D 18:00pm Gym Floor	 HIIT Cardio 09:30am Gym Floor	 HIIT Strength 09:30am Gym Floor	 AQUA 09:00am Pool	 OUTDOOR 09:30am Outside	 Les Mills BODY COMBAT 10:30am Studio 1
 Les Mills BODY PUMP 09:30am Studio 1	 PILATES 18:00pm Studio 2	 RIDE Rhythm 09:30am Spin Studio	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY ATTACK 09:15am Studio 1	 FITNESS PILATES 10:00am Studio 2	 PILATES 10:30am Studio 2
 RIDE Rhythm 09:30am Spin Studio	 DANCE 18:20pm Studio 1	 SHAPE 09:30am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY PUMP 10:30am Studio 1	 VINYASA YOGA 11:30am Studio 2
 AQUA 09:30am Pool	 RIDE Race 18:45pm Spin Studio	 DANCE 10:30am Studio 1	 Les Mills BODY BALANCE 09:30am Studio 2	 PILATES 09:30am Studio 2	 HATHA YOGA 10:50am Studio 2	 FITNESS PILATES 16:00pm Studio 2
 Les Mills BODY BALANCE 09:30am Studio 2	 AQUA 19:00pm Pool	 VINYASA FLOW YOGA 10:30am Studio 2	 SHAPE 10:30am Studio 1	 Les Mills BODY PUMP 10:00am Studio 1	 ZUMBA 11:30am Studio 1	









GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SHAPE 10:30am Studio 1	 VINYASA YOGA 19:00pm Studio 2	 AQUA 10:45am Pool	 HATHA YOGA 10:30am Studio 2	 BARRE 10:30am Studio 2	 Les Mills BODY PUMP 17:00pm Studio 1	
 PILATES 10:30am Studio 2	 Les Mills BODY ATTACK 19:15pm Studio 1	 FITSTEPS 12:30pm Studio 1	 PILATES 11:30am Studio 2	 SHAPE 11:00am Studio 1		
 STEP 11:20am Studio 1	 STRENGTH 06:45am Studio 1	 TAI CHI 12:40pm Studio 2	 BAG BASS BOX 11:30am Studio 1	 Les Mills BODY BALANCE 12:00pm Studio 2		
 VINYASA YOGA 11:30am Studio 2	 PILATES 08:30am Studio 2	 AQUA 13:30pm Pool	 STRENGTH functional 13:00pm Studio 1	 STRENGTH reps 12:30pm Studio 1		
 ZUMBA 13:00pm Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 PILATES 14:30pm Studio 2	 AQUA 13:30pm Pool	 RESTORATIVE YOGA 13:00pm Studio 2		
 PILATES 13:30pm Studio 2	 CORE 09:30am Studio 2	 SHAPE 17:45pm Studio 1	 PILATES 14:00pm Studio 2	 RIDE Rhythm 18:00pm Spin Studio		
 RIDE Rhythm 17:30pm Spin Studio	 RIDE Rhythm 10:00am Spin Studio	 RIDE Race 18:00pm Spin Studio	 Les Mills BODY PUMP 17:30pm Studio 1	 Les Mills BODY BALANCE 18:00pm Studio 2		
 Les Mills BODY COMBAT 17:30pm Studio 1	 SHAPE 10:30am Studio 1	 HATHA YOGA 18:00pm Studio 2	 HYBR1D 18:00pm Gym Floor	 Les Mills BODY PUMP 18:10pm Studio 1		



GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div></div> <div>RIDE Rhythm</div> <div>18:00pm Spin Studio</div>	<div></div> <div>PILATES</div> <div>10:30am Studio 2</div>	<div></div> <div>Les Mills BODY COMBAT</div> <div>18:30pm Studio 1</div>	<div></div> <div>RIDE Race</div> <div>18:00pm Spin Studio</div>			
<div></div> <div>SHAPE</div> <div>18:15pm Studio 1</div>	<div></div> <div>AQUA</div> <div>11:00am Pool</div>	<div></div> <div>Les Mills BODY PUMP</div> <div>19:20pm Studio 1</div>	<div></div> <div>OUTDOOR</div> <div>18:00pm Outside</div>			
<div></div> <div>HYBR1D</div> <div>18:30pm Gym Floor</div>	<div></div> <div>BARRE</div> <div>11:40am Studio 2</div>	<div></div> <div>FloatFit HIIT</div> <div>19:30pm Pool</div>	<div></div> <div>Les Mills BODY COMBAT</div> <div>18:30pm Studio 1</div>			
<div></div> <div>Les Mills BODY BALANCE</div> <div>19:00pm Studio 2</div>	<div></div> <div>VINYASA YOGA</div> <div>12:30pm Studio 2</div>	<div></div> <div>FloatFit BALANCE</div> <div>20:05pm Pool</div>	<div></div> <div>PILATES</div> <div>18:30pm Studio 2</div>			
<div></div> <div>Les Mills BODY PUMP</div> <div>19:10pm Studio 1</div>	<div></div> <div>AQUA</div> <div>12:40pm Pool</div>		<div></div> <div>YIN YOGA</div> <div>19:30pm Studio 2</div>			
<div></div> <div>FloatFit HIIT</div> <div>19:30pm Pool</div>	<div></div> <div>SHAPE</div> <div>13:00pm Studio 1</div>					
<div></div> <div>FloatFit BALANCE</div> <div>20:05pm Pool</div>	<div></div> <div>WELCOME TO GROUP EXERCISE</div> <div>15:00pm Outside</div>					
	<div></div> <div>MOVE</div> <div>14:00pm Studio 1</div>					

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div><p>MINDFULNESS & MEDITATION 14:00pm Studio 2</p></div>					
	<div><p>Les Mills BODY PUMP 17:30pm Studio 1</p></div>					
	<div><p>RIDE Rhythm 17:45pm Spin Studio</p></div>					
	<div><p>OUTDOOR 17:45pm Outside</p></div>					
	<div><p>HYBR1D 18:00pm Gym Floor</p></div>					
	<div><p>PILATES 18:00pm Studio 2</p></div>					
	<div><p>RIDE Race 18:45pm Spin Studio</p></div>					
	<div><p>AQUA 19:00pm Pool</p></div>					

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div><p>VINYASA YOGA 19:00pm Studio 2</p></div>					
	<div><p>Les Mills BODY ATTACK 19:15pm Studio 1</p></div>					

Valid from 01/09/2025 to 05/09/2025.