MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Rhythm

06:45am Spin Studio



STRENGTH

06:45am 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



HIIT Circuits

08:30am Studio 1



PILATES

08:30am Studio 2



PILATES

08:30am Studio 2



FITNESS PILATES

08:30am Studio 2



PILATES

08:30am Studio 2



YOGA

07:00am Studio 2



RIDE Race

09:30am Spin Studio



RIDE Rhythm

09:00am Spin Studio

Les Mills

BODY

BALANCE



HIIT Strength

09:30am Gym Floor



Les Mills **BODY** 69MBAT

Studio 1



Les Mills **BODY PUMP**

08:30am Studio 1



AQUA

09:15am Pool



FITNESS PILATES

08:30am Studio 2



BODY 03:30SiK

Studio 1 Studio 2



Les Mills **BODY PUMP**

09:30am Studio 1



CORE

09:30am Studio 2



HIIT Cardio

09:30am Gym Floor



Strength

09:30am Gym Floor



AQUA

09:00am Pool



OUTDOOR

09:30am Outside



Les Mills **BODY PUMP**

> 09:30am Studio 1



RIDE Rhythm

09:30am Spin Studio



RIDE Rhythm

10:00am Spin Studio



RIDE Rhythm

09:30am Spin Studio



RIDE Rhythm

09:30am Spin Studio



Les Mills **BODY** OJ:TOSK

Studio 1



FITNESS PILATES

10:00am Studio 2



PILATES

10:30am Studio 2



09:30am Pool





10:30am Studio 1



SHAPE

09:30am Studio 1

DANCE

10:30am

Studio 1



Les Mills **BODY PUMP**

09:30am Studio 1



RIDE Rhythm

09:30am Spin Studio



Les Mills **BODY PUMP** 10:30am

Studio 1

Les Mills **BODY GOMBAT**

Studio 1



Les Mills **BODY** BALANCE

Studio 2



PILATES

10:30am Studio 2



Les Mills **BODY** BALANCE

Studio 2



PILATES

09:30am Studio 2



RIDE Race

10:30am Spin Studio



VINYASA YOGA 11:30am Studio 2



SHAPE

10:30am Studio 1



AQUA

11:00am Pool



VINYASA FLOW YOGA 10:30am

Studio 2



SHAPE

10:30am Studio 1



Les Mills **BODY PUMP** 10:00am

Studio 1

10:50am Studio 2



PILATES 16:00pm Studio 2

SUNDAY

WEDNESDAY MONDAY TUESDAY THURSDAY SATURDAY FRIDAY PILATES BARRE AQUA HATHA YOGA BARRE ZUMBA 10:30am 11:40am 10:45am 10:30am 10:30am 11:30am Studio 2 Studio 2 Pool Studio 2 Studio 2 Studio 1 **VINYASA STRENGTH STEP PILATES SHAPE RIDE Rhythm YOGA** power 12:30pm 11:30am 11:00am 11:20am 11:30am 11:30am Studio 1 Studio 2 Studio 1 Studio 2 Studio 1 Spin Studio **VINYASA AQUA FITSTEPS STRENGTH** Les Mills **RIDE Race YOGA** functional **BODY** BALANCE 11:30am 12:40pm 12:30pm 13:00pm 12:30pm Spin Studio Studio 2 Studio 2 Studio 1 Studio 1 Pool **RIDE Race ZUMBA SHAPE STRENGTH** TAI CHI **AQUA** reps 13:00pm 13:00pm 12:40pm 13:30pm 12:30pm 13:30pm Studio 1 Studio 1 Studio 2 Studio 1 Spin Studio Pool **PILATES MOVE AQUA PILATES RIDE Rhythm** Les Mills **BODY PUMP** 14:00pm 13:30pm 14:00pm 18:00pm 17:00pm 13:30pm Studio 2 Studio 1 Pool Studio 2 Spin Studio Studio 1 FloatFit HIIT **MINDFULNESS PILATES** Les Mills Les Mills **BODY PUMP BODY** MEDITATION BALANCE 17:30pm 14:30pm 17:30pm Pool Studio 2 Studio 2 Studio 1 Studio 2 Les Mills Les Mills Les Mills SHAPE **BARRE BODY PUMP BODY BODY PUMP GPMBAT** 17:30pm 17:45pm 17:40pm 18:10pm Studio 1 Studio 1 Studio 1 Studio 2 Studio 1



Studio 2









MONDAY TUESDAY

WEDNESDAY THURSDAY **FRIDAY**

SATURDAY

SUNDAY



RIDE Rhythm

18:00pm Spin Studio

OUTDOOR

17:45pm Outside



RIDE Race

18:00pm Spin Studio



FloatFit BALANCE

18:05pm Pool



PILATES

18:00pm Studio 2



18:00pm

Studio 2

Les Mills **BODY GRIMBAT**

Studio 1



Les Mills **BODY GRIMBAT**

Studio 1



SHAPE

18:15pm Studio 1



DANCE

18:20pm Studio 1



Les Mills **BODY PUMP**

> 19:20pm Studio 1



PILATES

18:30pm Studio 2



Les Mills **BODY** BALANCE

Studio 2



HYBR1D

18:30pm Gym Floor



FloatFit HIIT

19:30pm Pool



FloatFit HIIT

19:30pm Pool



Les Mills **BODY PUMP**

> 19:10pm Studio 1



RIDE Race

18:45pm Spin Studio



FloatFit BALANCE

20:05pm Pool



STRENGTH power

> 19:30pm Studio 1



AQUA

19:00pm Pool



YIN YOGA

19:30pm Studio 2



VINYASA YOGA

19:00pm Studio 2



FloatFit BALANCE

20:05pm Pool



Les Mills **BODY ATTACK**

> 19:15pm Studio 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 26/05/2025 to 30/05/2025.