

















































































































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	 HIIT Circuits 08:30am Studio 1
 HIIT Circuits 07:00am Outside	 RIDE Rhythm 17:30pm Spin Studio	 FITNESS PILATES 08:30am Studio 2	 PILATES 08:30am Studio 2	 YOGA 07:00am Studio 2	 RIDE Race 09:30am Spin Studio	 Les Mills BODY PUMP 09:30am Studio 1
 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	 RIDE Rhythm 09:30am Spin Studio
 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 BALANCE 09:30am Studio 2
 Les Mills BODY PUMP 09:30am Studio 1	 DANCE 18:20pm Studio 1	 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	 Les Mills BODY COMBAT 10:30am Studio 1
 RIDE Rhythm 09:30am Spin Studio	 RIDE Race 18:45pm Spin Studio	 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	 PILATES 10:30am Studio 2
 Les Mills BODY BALANCE 09:30am Studio 2	 AQUA 19:00pm Pool	 DANCE 10:30am Studio 1	 Les Mills BODY BALANCE 09:30am Studio 2	 PILATES 09:30am Studio 2	 HATHA YOGA 10:50am Studio 2	 VINYASA YOGA 11:30am Studio 2
 SHAPE 10:30am Studio 1	 VINYASA YOGA 19:00pm Studio 2	 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	 FITNESS PILATES 16:00pm Studio 2








GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HYBR1D 18:30pm Gym Floor	 VINYASA YOGA 12:30pm Studio 2	 HATHA YOGA 18:00pm Studio 2	 HYBR1D 18:00pm Gym Floor			
 Les Mills BODY BALANCE 19:00pm Studio 2	 SHAPE 13:00pm Studio 1	 Les Mills BODY COMBAT 18:30pm Studio 1	 RIDE Race 18:00pm Spin Studio			
 Les Mills BODY PUMP 19:10pm Studio 1	 WELCOME TO GROUP EXERCISE 15:00pm Outside	 Les Mills BODY PUMP 19:20pm Studio 1	 OUTDOOR 18:00pm Outside			
	 MOVE 14:00pm Studio 1	 FloatFit HIIT 19:30pm Pool	 Les Mills BODY COMBAT 18:30pm Studio 1			
	 MINDFULNESS & MEDITATION 14:00pm Studio 2	 FloatFit BALANCE 20:05pm Pool	 PILATES 18:30pm Studio 2			
	 Les Mills BODY PUMP 17:30pm Studio 1		 FloatFit HIIT 19:30pm Pool			
	 RIDE Rhythm 17:30pm Spin Studio		 STRENGTH power 19:30pm Studio 1			
	 OUTDOOR 17:45pm Outside		 YIN YOGA 19:30pm Studio 2			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div> HYBR1D 18:00pm Gym Floor</div>		<div> FloatFit BALANCE 20:05pm Pool</div>			
	<div> PILATES 18:00pm Studio 2</div>					
	<div> DANCE 18:20pm Studio 1</div>					
	<div> RIDE Race 18:45pm Spin Studio</div>					
	<div> VINYASA YOGA 19:00pm Studio 2</div>					
	<div> Les Mills BODY ATTACK 19:15pm Studio 1</div>					

Valid from 11/08/2025 to 15/08/2025.