




























































































































GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|---|--|---|
|  RIDE Rhythm 06:45am Spin Studio |  STRENGTH 06:45am Studio 1 |  SHAPE 17:45pm 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 |  RIDE Race 18:00pm Spin Studio |  PILATES 08:30am Studio 2 |  YOGA 07:00am Studio 2 |  RIDE Race 09:30am Spin Studio |  Les Mills BODY PUMP 09:30am Studio 1 |
|  AQUA 09:00am Pool |  Les Mills BODY COMBAT 09:30am Studio 1 |  HATHA YOGA 18:00pm Studio 2 |  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 |  CORE 09:30am Studio 2 |  Les Mills BODY COMBAT 18:30pm Studio 1 |  HIIT Strength 09:30am Gym Floor |  AQUA 09:00am Pool |  OUTDOOR 09:30am Outside |  Les Mills BODY BALANCE 09:30am Studio 2 |
|  RIDE Rhythm 09:30am Spin Studio |  RIDE Rhythm 10:00am Spin Studio |  Les Mills BODY PUMP 19:20pm Studio 1 |  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 |
|  Les Mills BODY PUMP 09:30am Studio 1 |  SHAPE 10:30am Studio 1 |  HIIT Circuits 06:45am 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 |  PILATES 10:30am Studio 2 |  FITNESS PILATES 08:30am Studio 2 |  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 10:25am Studio 1 |  AQUA 11:00am Pool |  Les Mills BODY PUMP 08:30am Studio 1 |  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 |  BARRE 11:40am Studio 2 |  HIIT Cardio 09:30am Gym Floor |  HATHA YOGA 10:30am Studio 2 |  BARRE 10:30am Studio 2 |  Les Mills BODY PUMP 17:00pm Studio 1 | |
|  STEP 11:15am Studio 1 |  VINYASA YOGA 12:30pm Studio 2 |  RIDE Rhythm 09:30am Spin Studio |  PILATES 11:30am Studio 2 |  SHAPE 11:00am Studio 1 | | |
|  VINYASA YOGA 11:30am Studio 2 |  AQUA 12:40pm Pool |  SHAPE 09:30am Studio 1 |  BAG BASS BOX 11:30am Studio 1 |  Les Mills BODY BALANCE 11:55am Studio 2 | | |
|  ZUMBA 13:00pm Studio 1 |  SHAPE 13:00pm Studio 1 |  DANCE 10:30am Studio 1 |  AQUA 13:30pm Pool |  BAG BASS BOX 12:40pm Studio 1 | | |
|  PILATES 13:30pm Studio 2 |  MINDFULNESS & MEDITATION 14:00pm Studio 2 |  VINYASA YOGA 10:30am Studio 2 |  PILATES 14:00pm Studio 2 |  RESTORATIVE YOGA 12:45pm Studio 2 | | |
|  Les Mills BODY COMBAT 17:30pm Studio 1 |  MOVE 14:00pm Studio 1 |  AQUA 10:45am Pool |  Les Mills BODY PUMP 17:30pm Studio 1 |  ZUMBA 17:10pm Studio 1 | | |
|  HYBR1D 18:00pm Gym Floor |  Les Mills BODY PUMP 17:30pm Studio 1 |  FITSTEPS 12:30pm Studio 1 |  HYBR1D 18:00pm Gym Floor |  RIDE Rhythm 18:00pm Spin Studio | | |
|  PILATES 18:00pm Studio 2 |  RIDE Rhythm 17:30pm Spin Studio |  TAI CHI 12:40pm Studio 2 |  RIDE Race 18:00pm Spin Studio |  Les Mills BODY BALANCE 18:00pm Studio 2 | | |

GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|----------|--------|
|  <p>RIDE Rhythm 18:00pm Spin Studio</p> |  <p>PILATES 18:00pm Studio 2</p> |  <p>AQUA 13:30pm Pool</p> |  <p>PILATES 18:30pm Studio 2</p> |  <p>Les Mills BODY PUMP 18:10pm Studio 1</p> | | |
|  <p>SHAPE 18:15pm Studio 1</p> |  <p>CLUBERCISE 18:20pm Studio 1</p> |  <p>PILATES 14:30pm Studio 2</p> |  <p>Les Mills BODY COMBAT 18:30pm Studio 1</p> | | | |
|  <p>Les Mills BODY BALANCE 19:00pm Studio 2</p> |  <p>HYBRID 18:30pm Gym Floor</p> |  <p>SHAPE 17:45pm Studio 1</p> |  <p>BAG BASS BOX 19:30pm Studio 1</p> | | | |
|  <p>Les Mills BODY PUMP 19:10pm Studio 1</p> |  <p>RIDE Race 18:45pm Spin Studio</p> |  <p>RIDE Race 18:00pm Spin Studio</p> |  <p>YIN YOGA 19:30pm Studio 2</p> | | | |
|  <p>FloatFit HIIT 19:30pm Pool</p> |  <p>AQUA 19:00pm Pool</p> |  <p>HATHA YOGA 18:00pm Studio 2</p> | | | | |
|  <p>BAG BASS BOX 20:00pm Studio 1</p> |  <p>Les Mills BODY ATTACK 19:15pm Studio 1</p> |  <p>Les Mills BODY COMBAT 18:30pm Studio 1</p> | | | | |
|  <p>FloatFit BALANCE 20:05pm Pool</p> | |  <p>FloatFit HIIT 19:00pm Pool</p> | | | | |
| | |  <p>Les Mills BODY PUMP 19:20pm Studio 1</p> | | | | |

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



FloatFit
BALANCE
20:05pm
Pool

Valid from 07/10/2024 to 11/10/2024.