































































# GROUP CLASSES TIMETABLE

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY   |
|--|--|--|---|--|--|--|
| <br><b>PILATES</b><br>09:30am<br>Studio 3                  | <br><b>HATHA YOGA</b><br>07:30am<br>Studio 1          | <br><b>Les Mills DANCE</b><br>09:30am<br>Studio 1       | <br><b>SHAPE</b><br>09:15am<br>Studio 1              | <br><b>PILATES</b><br>07:30am<br>Studio 1                  | <br><b>PILATES</b><br>08:00am<br>Studio 1       | <br><b>DYNAMIC YOGA</b><br>10:00am<br>Studio 3        |
| <br><b>RIDE Rhythm</b><br>09:30am<br>Studio 2              | <br><b>PILATES</b><br>09:15am<br>Studio 3             | <br><b>RIDE Rhythm</b><br>09:30am<br>Studio 2           | <br><b>VINYASA YOGA</b><br>09:30am<br>Studio 3       | <br><b>Les Mills BODY PUMP</b><br>09:00am<br>Studio 1      | <br><b>HIIT Strength</b><br>09:15am<br>Studio 1 | <br><b>Les Mills BODY PUMP</b><br>10:05am<br>Studio 1 |
| <br><b>Les Mills BODY PUMP</b><br>09:30am<br>Studio 1      | <br><b>Les Mills BODY PUMP</b><br>09:15am<br>Studio 1 | <br><b>IYENGAR YOGA</b><br>10:30am<br>Studio 1          | <br><b>PILATES</b><br>10:15am<br>Studio 1            | <br><b>Les Mills BODY PUMP</b><br>09:45am<br>Studio 1      | <br><b>IYENGAR YOGA</b><br>10:15am<br>Studio 1  | <br><b>PILATES</b><br>11:00am<br>Studio 1             |
| <br><b>Les Mills BODY BALANCE</b><br>10:30am<br>Studio 1 | <br><b>ZUMBA</b><br>10:10am<br>Studio 1             | <br><b>PILATES</b><br>12:15pm<br>Studio 1             | <br><b>RESTORATIVE YOGA</b><br>10:40am<br>Studio 3 | <br><b>Les Mills BODY BALANCE</b><br>10:30am<br>Studio 3 |  |  |
| <br><b>PILATES</b><br>11:30am<br>Studio 1                | <br><b>GOLF YOGA</b><br>10:30am<br>Studio 3         | <br><b>AQUA</b><br>12:45pm<br>Poolside                | <br><b>AQUA</b><br>11:00am<br>Poolside             | <br><b>SHAPE</b><br>10:30am<br>Studio 1                  |  |  |
| <br><b>PILATES</b><br>12:30pm<br>Studio 1                | <br><b>SHAPE</b><br>11:00am<br>Studio 1             | <br><b>Les Mills BODY PUMP</b><br>17:45pm<br>Studio 1 | <br><b>Les Mills DANCE</b><br>12:00pm<br>Studio 1  | <br><b>PILATES</b><br>11:30am<br>Studio 1                |  |  |
| <br><b>AQUA</b><br>12:45pm<br>Poolside                   | <br><b>PILATES</b><br>11:55am<br>Studio 1           | <br><b>VINYASA YOGA</b><br>18:15pm<br>Studio 3        | <br><b>PILATES</b><br>12:50pm<br>Studio 1          | <br><b>PILATES</b><br>12:30pm<br>Studio 1                |  |  |
| <br><b>IYENGAR YOGA</b><br>13:30pm<br>Studio 3           | <br><b>PILATES</b><br>12:45pm<br>Studio 1           | <br><b>HYBRID</b><br>18:30pm<br>Gym Floor             | <br><b>IYENGAR YOGA</b><br>13:40pm<br>Studio 3     | <br><b>AQUA</b><br>12:45pm<br>Poolside                   |  |  |

# GROUP CLASSES TIMETABLE

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY | SUNDAY |
|--|---|--|---|---|----------|--------|
|  <p><b>RIDE Rush</b></p> <p>17:45pm<br/>Studio 2</p>               |  <p><b>STRENGTH</b></p> <p>17:30pm<br/>Studio 1</p>            |  <p><b>Les Mills<br/>BODY<br/>BALANCE</b></p> <p>18:45pm<br/>Studio 1</p>       |  <p><b>STRENGTH</b></p> <p>17:30pm<br/>Studio 1</p>                      |  <p><b>VINYASA<br/>YOGA</b></p> <p>13:30pm<br/>Studio 3</p> |          |        |
|  <p><b>Les Mills<br/>BODY PUMP</b></p> <p>18:30pm<br/>Studio 1</p> |  <p><b>RIDE Rhythm</b></p> <p>17:45pm<br/>Studio 2</p>         |  <p><b>MINDFULNESS<br/>&amp;<br/>MEDITATION</b></p> <p>19:15pm<br/>Studio 3</p> |  <p><b>RIDE Rush</b></p> <p>18:20pm<br/>Studio 2</p>                     |  <p><b>PILATES</b></p> <p>18:30pm<br/>Studio 1</p>          |          |        |
|  <p><b>VINYASA<br/>YOGA</b></p> <p>18:30pm<br/>Studio 3</p>        |  <p><b>Les Mills<br/>DANCE</b></p> <p>18:30pm<br/>Studio 1</p> |  <p><b>FloatFit HIIT</b></p> <p>19:45pm<br/>Poolside</p>                        |  <p><b>Les Mills<br/>BODY<br/>COMBAT</b></p> <p>18:30pm<br/>Studio 1</p> |   |          |        |
|  <p><b>FloatFit HIIT</b></p> <p>19:30pm<br/>Poolside</p>         |  <p><b>RIDE Race</b></p> <p>18:35pm<br/>Studio 2</p>         |  <p><b>FloatFit<br/>BALANCE</b></p> <p>20:20pm<br/>Poolside</p>               |  <p><b>PILATES</b></p> <p>19:30pm<br/>Studio 1</p>                     |   |          |        |
|  <p><b>YIN YOGA</b></p> <p>19:35pm<br/>Studio 3</p>              |  <p><b>HATHA YOGA</b></p> <p>19:30pm<br/>Studio 1</p>        |  <p><b>PILATES</b></p> <p>07:30am<br/>Studio 1</p>                            |   |   |          |        |
|  <p><b>FloatFit<br/>BALANCE</b></p> <p>20:05pm<br/>Poolside</p>  |   |  <p><b>Les Mills<br/>DANCE</b></p> <p>09:30am<br/>Studio 1</p>                |   |   |          |        |
|  |   |  <p><b>RIDE Rhythm</b></p> <p>09:30am<br/>Studio 2</p>                        |   |   |          |        |
|  |   |  <p><b>IYENGAR<br/>YOGA</b></p> <p>10:30am<br/>Studio 1</p>                   |   |   |          |        |

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**PILATES**

12:15pm  
Studio 1



**AQUA**

12:45pm  
Poolside



**Les Mills  
BODY PUMP**

17:45pm  
Studio 1



**VINYASA  
YOGA**

18:15pm  
Studio 3



**Les Mills  
BODY  
BALANCE**

18:45pm  
Studio 1



**MINDFULNESS  
&  
MEDITATION**

19:15pm  
Studio 3



**FloatFit HIIT**

19:45pm  
Poolside



**FloatFit  
BALANCE**

20:20pm  
Poolside

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 24/03/2025 to 28/03/2025.