## **GROUP CLASSES TIMETABLE**

## **WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SATURDAY SUNDAY PILATES HATHA YOGA PILATES SHAPE PILATES PILATES DYNAMIC YOGA** 09:30am 07:30am 07:30am 09:15am 07:30am 08:00am 10:00am Studio 3 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 Studio 3 Les Mills **PILATES** Les Mills VINYASA Les Mills Les Mills **BODY PUMP DANCE YOGA BODY PUMP BODY PUMP** Strength 09:30am 09:15am 09:30am 09:30am 09:00am 09:15am 10:05am Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Studio 1 Studio 1 **RIDE Rhythm RIDE Rhythm** Les Mills **PILATES** Les Mills **IYENGAR** Les Mills **BODY PUMP BODY PUMP YOGA BODY** BALANCE 09:30am 09:15am 09:30am 10:15am 09:45am 10:15am Studio 2 Studio 1 Studio 2 Studio 1 Studio 1 Studio 1 Studio 1 Les Mills **IYENGAR RESTORATIVE** Les Mills **ZUMBA BODY BODY YOGA YOGA** BALANCE 10:30am BALANCE 10:40am 10:10am Studio 1 Studio 1 Studio 1 Studio 3 Studio 3 **PILATES GOLF YOGA PILATES AQUA SHAPE** 11:30am 10:30am 12:15pm 11:00am 10:30am Studio 1 Studio 3 Studio 1 Poolside Studio 1 **PILATES** SHAPE **AQUA** Les Mills **PILATES DANCE** 12:30pm 11:00am 12:45pm 12:00pm 11:30am Studio 1 Studio 1 Poolside Studio 1 Studio 1 **AQUA PILATES** Les Mills **PILATES PILATES BODY PUMP** 11:55am 17:45pm 12:50pm 12:30pm 12:45pm



Poolside

IYENGAR YOGA 13:30pm Studio 3



Studio 1

PILATES

12:45pm Studio 1



Studio 1

VINYASA YOGA 18:15pm Studio 3



Studio 1

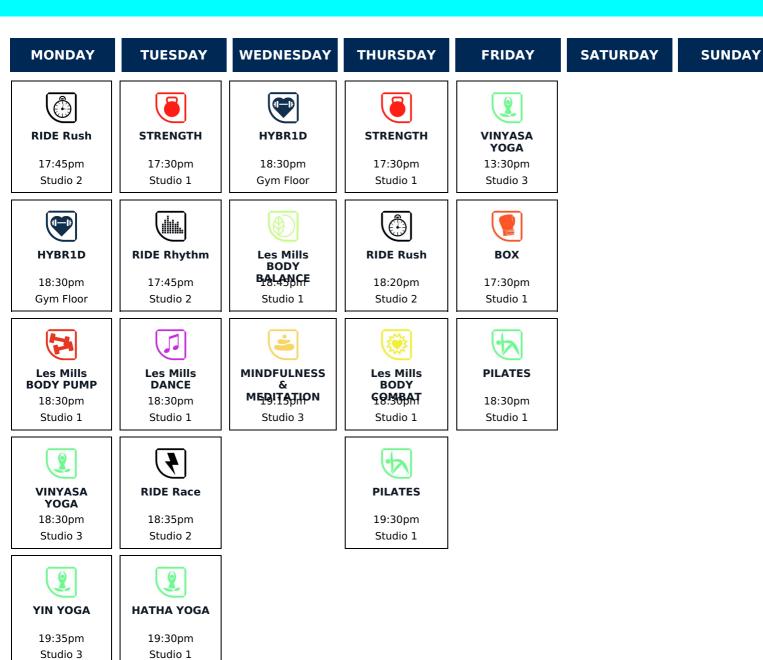
IYENGAR YOGA 13:40pm Studio 3



Studio 1

AQUA 12:45pm Poolside

## **GROUP CLASSES TIMETABLE**



Valid from 17/02/2025 to 21/02/2025.