



































































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>RIDE Rhythm</b> 09:20am Studio 2	 <b>DYNAMIC YOGA</b> 07:15am Studio 1	 <b>PILATES</b> 07:30am Studio 1	 <b>SHAPE</b> 09:15am Studio 1	 <b>PILATES</b> 07:30am Studio 1	 <b>PILATES</b> 08:00am Studio 1	 <b>Les Mills BODY PUMP</b> 10:00am Studio 1
 <b>PILATES</b> 09:30am Studio 3	 <b>Les Mills BODY PUMP</b> 09:15am Studio 1	 <b>Les Mills DANCE</b> 09:30am Studio 1	 <b>RESTORATIVE YOGA</b> 09:30am Studio 3	 <b>Les Mills BODY PUMP</b> 09:00am Studio 1	 <b>HIIT Strength</b> 09:15am Studio 1	 <b>Vinyasa Yoga</b> 10:00am Studio 3
 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>PILATES</b> 09:15am Studio 3	 <b>RIDE Rush</b> 09:30am Studio 2	 <b>PILATES</b> 10:15am Studio 1	 <b>Les Mills BODY PUMP</b> 09:45am Studio 1	 <b>IYENGAR YOGA</b> 10:15am Studio 1	 <b>Les Mills BODY BALANCE</b> 11:00am Studio 1
 <b>Les Mills BODY BALANCE</b> 10:30am Studio 1	 <b>ZUMBA</b> 10:10am Studio 1	 <b>IYENGAR YOGA</b> 10:30am Studio 1	 <b>Vinyasa Yoga</b> 10:40am Studio 3	 <b>Les Mills BODY BALANCE</b> 10:30am Studio 3		
 <b>PILATES</b> 11:30am Studio 1	 <b>GOLF YOGA</b> 10:30am Studio 3	 <b>PILATES</b> 12:15pm Studio 1	 <b>AQUA</b> 11:00am Poolside	 <b>SHAPE</b> 10:30am Studio 1		
 <b>PILATES</b> 12:30pm Studio 1	 <b>AQUA</b> 10:45am Poolside	 <b>AQUA</b> 12:45pm Poolside	 <b>Les Mills DANCE</b> 12:00pm Studio 1	 <b>PILATES</b> 11:30am Studio 1		
 <b>AQUA</b> 12:45pm Poolside	 <b>SHAPE</b> 11:00am Studio 1	 <b>RIDE Rhythm</b> 17:45pm Studio 2	 <b>PILATES</b> 12:50pm Studio 1	 <b>PILATES</b> 12:30pm Studio 1		
 <b>IYENGAR YOGA</b> 13:30pm Studio 3	 <b>PILATES</b> 11:55am Studio 1	 <b>Les Mills BODY PUMP</b> 18:00pm Studio 1	 <b>IYENGAR YOGA</b> 13:40pm Studio 3	 <b>AQUA</b> 12:45pm Poolside		

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div></div> <div>STRENGTH</div> <div>17:45pm</div> <div>Studio 1</div>	<div></div> <div>PILATES</div> <div>12:45pm</div> <div>Studio 1</div>	<div></div> <div>Vinyasa Yoga</div> <div>18:15pm</div> <div>Studio 3</div>	<div></div> <div>HIIT Strength</div> <div>17:30pm</div> <div>Studio 1</div>	<div></div> <div>Vinyasa Yoga</div> <div>13:30pm</div> <div>Studio 3</div>		
<div></div> <div>RIDE Rush</div> <div>17:45pm</div> <div>Studio 2</div>	<div></div> <div>HIIT</div> <div>17:30pm</div> <div>Studio 1</div>	<div></div> <div>Les Mills BODY BALANCE</div> <div>19:00pm</div> <div>Studio 1</div>	<div></div> <div>RIDE Rush</div> <div>18:15pm</div> <div>Studio 2</div>	<div></div> <div>Les Mills BODY PUMP</div> <div>17:30pm</div> <div>Studio 1</div>		
<div></div> <div>Les Mills BODY PUMP</div> <div>18:30pm</div> <div>Studio 1</div>	<div></div> <div>RIDE Rhythm</div> <div>18:15pm</div> <div>Studio 2</div>	<div></div> <div>MINDFULNESS &amp; MEDITATION</div> <div>19:15pm</div> <div>Studio 3</div>	<div></div> <div>Les Mills BODY COMBAT</div> <div>18:30pm</div> <div>Studio 1</div>	<div></div> <div>PILATES</div> <div>18:30pm</div> <div>Studio 1</div>		
<div></div> <div>Vinyasa Yoga</div> <div>18:30pm</div> <div>Studio 3</div>	<div></div> <div>Les Mills DANCE</div> <div>18:30pm</div> <div>Studio 1</div>		<div></div> <div>PILATES</div> <div>19:30pm</div> <div>Studio 1</div>			
<div></div> <div>YIN YOGA</div> <div>19:35pm</div> <div>Studio 3</div>	<div></div> <div>HATHA YOGA</div> <div>19:30pm</div> <div>Studio 1</div>					

Valid from 13/05/2024 to 17/05/2024.