
































































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>RIDE Rush</b> 17:45pm Studio 2	 <b>HATHA YOGA</b> 07:30am 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>HYBR1D</b> 18:30pm Gym Floor	 <b>PILATES</b> 09:15am Studio 3	 <b>RIDE Rhythm</b> 09:30am Studio 2	 <b>VINYASA 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>DYNAMIC YOGA</b> 10:00am Studio 3
 <b>Les Mills BODY PUMP</b> 18:30pm Studio 1	 <b>Les Mills BODY PUMP</b> 09:15am Studio 1	 <b>Les Mills DANCE</b> 09:30am Studio 1	 <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>VINYASA YOGA</b> 18:30pm Studio 3	 <b>ZUMBA</b> 10:10am Studio 1	 <b>IYENGAR YOGA</b> 10:30am Studio 1	 <b>RESTORATIVE YOGA</b> 10:40am Studio 3	 <b>Les Mills BODY BALANCE</b> 10:50am Studio 3		
 <b>YIN YOGA</b> 19:35pm Studio 3	 <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>RIDE Rhythm</b> 09:30am Studio 2	 <b>SHAPE</b> 11:00am Studio 1	 <b>AQUA</b> 12:45pm Poolside	 <b>Les Mills DANCE</b> 12:00pm Studio 1	 <b>PILATES</b> 11:30am Studio 1		
 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>PILATES</b> 11:55am Studio 1	 <b>Les Mills BODY PUMP</b> 17:45pm Studio 1	 <b>PILATES</b> 12:50pm Studio 1	 <b>PILATES</b> 12:30pm Studio 1		
 <b>PILATES</b> 09:30am Studio 3	 <b>PILATES</b> 12:45pm Studio 1	 <b>VINYASA YOGA</b> 18:15pm Studio 3	 <b>IYENGAR YOGA</b> 13:40pm Studio 3	 <b>AQUA</b> 12:45pm Poolside		

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Les Mills BODY BALANCE</b> 10:30am Studio 1</p>	 <p><b>STRENGTH</b>  17:30pm Studio 1</p>	 <p><b>HYBRID</b>  18:30pm Gym Floor</p>	 <p><b>STRENGTH</b>  17:30pm Studio 1</p>	 <p><b>VINYASA YOGA</b> 13:30pm Studio 3</p>		
 <p><b>PILATES</b>  11:30am Studio 1</p>	 <p><b>RIDE Rhythm</b>  17:45pm Studio 2</p>	 <p><b>Les Mills BODY BALANCE</b> 18:45pm Studio 1</p>	 <p><b>RIDE Rush</b>  18:20pm Studio 2</p>	 <p><b>BOX</b>  17:30pm Studio 1</p>		
 <p><b>PILATES</b>  12:30pm Studio 1</p>	 <p><b>Les Mills DANCE</b> 18:30pm Studio 1</p>	 <p><b>MINDFULNESS &amp; MEDITATION</b> 19:15pm Studio 3</p>	 <p><b>Les Mills BODY COMBAT</b> 18:30pm Studio 1</p>	 <p><b>PILATES</b>  18:30pm Studio 1</p>		
 <p><b>AQUA</b>  12:45pm Poolside</p>	 <p><b>RIDE Race</b>  18:35pm Studio 2</p>		 <p><b>PILATES</b>  19:30pm Studio 1</p>			
 <p><b>IYENGAR YOGA</b> 13:30pm Studio 3</p>	 <p><b>HATHA YOGA</b>  19:30pm Studio 1</p>					
 <p><b>RIDE Rush</b>  17:45pm Studio 2</p>						
 <p><b>Les Mills BODY PUMP</b> 18:30pm Studio 1</p>						
 <p><b>VINYASA YOGA</b> 18:30pm Studio 3</p>						

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**YIN YOGA**

19:35pm  
Studio 3

Valid from 20/01/2025 to 24/01/2025.