







































































GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rush</p> <p>17:45pm Studio 2</p>	 <p>STRENGTH</p> <p>17:30pm Studio 1</p>	 <p>VINYASA YOGA</p> <p>18:15pm Studio 3</p>	 <p>STRENGTH</p> <p>17:30pm Studio 1</p>	 <p>PILATES</p> <p>18:30pm Studio 1</p>		
 <p>Les Mills BODY PUMP</p> <p>18:30pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>17:45pm Studio 2</p>	 <p>HYBR1D</p> <p>18:30pm Gym Floor</p>	 <p>RIDE Rush</p> <p>18:20pm Studio 2</p>	 <p>PILATES</p> <p>07:30am Studio 1</p>		
 <p>VINYASA YOGA</p> <p>18:30pm Studio 3</p>	 <p>Les Mills DANCE</p> <p>18:30pm Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>18:45pm Studio 1</p>	 <p>Les Mills BODY COMBAT</p> <p>18:30pm Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>09:00am Studio 1</p>		
 <p>YIN YOGA</p> <p>19:35pm Studio 3</p>	 <p>RIDE Race</p> <p>18:35pm Studio 2</p>	 <p>MINDFULNESS & MEDITATION</p> <p>19:15pm Studio 3</p>		 <p>Les Mills BODY PUMP</p> <p>09:45am Studio 1</p>		
	 <p>HATHA YOGA</p> <p>19:30pm Studio 1</p>			 <p>Les Mills BODY BALANCE</p> <p>10:30am Studio 3</p>		
				 <p>SHAPE</p> <p>10:30am Studio 1</p>		
				 <p>PILATES</p> <p>11:30am Studio 1</p>		
				 <p>PILATES</p> <p>12:30pm Studio 1</p>		

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



AQUA

12:45pm
Poolside



**VINYASA
YOGA**

13:30pm
Studio 3



BOX

17:30pm
Studio 1



PILATES

18:30pm
Studio 1

Valid from 16/12/2024 to 20/12/2024.