







































































GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rush 17:45pm Studio 2	 STRENGTH 17:30pm Studio 1	 VINYASA YOGA 18:15pm Studio 3	 STRENGTH 17:30pm Studio 1	 VINYASA YOGA 13:30pm Studio 3		
 Les Mills BODY PUMP 18:30pm Studio 1	 RIDE Rhythm 17:45pm Studio 2	 HYBR1D 18:30pm Gym Floor	 RIDE Rush 18:20pm Studio 2	 BOX 17:30pm Studio 1		
 VINYASA YOGA 18:30pm Studio 3	 Les Mills DANCE 18:30pm Studio 1	 Les Mills BODY BALANCE 18:45pm Studio 1	 Les Mills BODY COMBAT 18:30pm Studio 1	 PILATES 18:30pm Studio 1		
 YIN YOGA 19:35pm Studio 3	 RIDE Race 18:35pm Studio 2	 MINDFULNESS & MEDITATION 19:15pm Studio 3	 PILATES 19:30pm Studio 1			
	 HATHA YOGA 19:30pm Studio 1		 SHAPE 09:15am Studio 1			
			 VINYASA YOGA 09:30am Studio 3			
			 PILATES 10:15am Studio 1			
			 RESTORATIVE YOGA 10:40am Studio 3			

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



AQUA

11:00am
Poolside



**Les Mills
DANCE**

12:00pm
Studio 1



PILATES

12:50pm
Studio 1



**IYENGAR
YOGA**

13:40pm
Studio 3



STRENGTH

17:30pm
Studio 1



RIDE Rush

18:20pm
Studio 2



**Les Mills
BODY
COMBAT**

18:30pm
Studio 1



PILATES

19:30pm
Studio 1

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 18/11/2024 to 22/11/2024.