GROUP CLASSES TIMETABLE

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SATURDAY SUNDAY PILATES HATHA YOGA PILATES SHAPE PILATES PILATES STRENGTH 09:30am 07:30am 07:30am 09:15am 07:30am 08:00am 09:30am Studio 3 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **RIDE Rhythm** Les Mills **PILATES** VINYASA Les Mills DYNAMIC **BODY PUMP YOGA BODY PUMP YOGA** Strength 09:30am 09:15am 09:30am 09:30am 09:00am 09:15am 10:00am Studio 3 Studio 2 Studio 3 Studio 1 Studio 1 Studio 3 Studio 1 Les Mills Les Mills Les Mills **PILATES** Les Mills **IYENGAR BODY PUMP BODY PUMP BODY** DANCE **YOGA** BALANCE 09:15am 09:30am 10:15am 09:45am 10:15am Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **IYENGAR RESTORATIVE** Les Mills **PILATES ZUMBA BODY YOGA YOGA** 10:30am BALANCE 10:40am 11:30am 10:10am Studio 1 Studio 1 Studio 1 Studio 3 Studio 3 **PILATES GOLF YOGA PILATES AQUA SHAPE** 12:30pm 10:30am 12:15pm 11:00am 10:30am Studio 1 Studio 3 Studio 1 Poolside Studio 1 **RIDE Rush** SHAPE **AQUA** Les Mills **PILATES DANCE** 17:45pm 11:00am 12:45pm 12:00pm 11:30am Studio 2 Studio 1 Poolside Studio 1 Studio 1 **HYBR1D PILATES** Les Mills **PILATES PILATES BODY PUMP** 17:45pm 18:30pm 11:55am 12:50pm 12:30pm Gym Floor Studio 1 Studio 1 Studio 1 Studio 1

IYENGAR

YOGA

13:40pm

Studio 3

AQUA

12:45pm

Poolside

Les Mills

BODY PUMP

18:30pm

Studio 1

PILATES

12:45pm

Studio 1

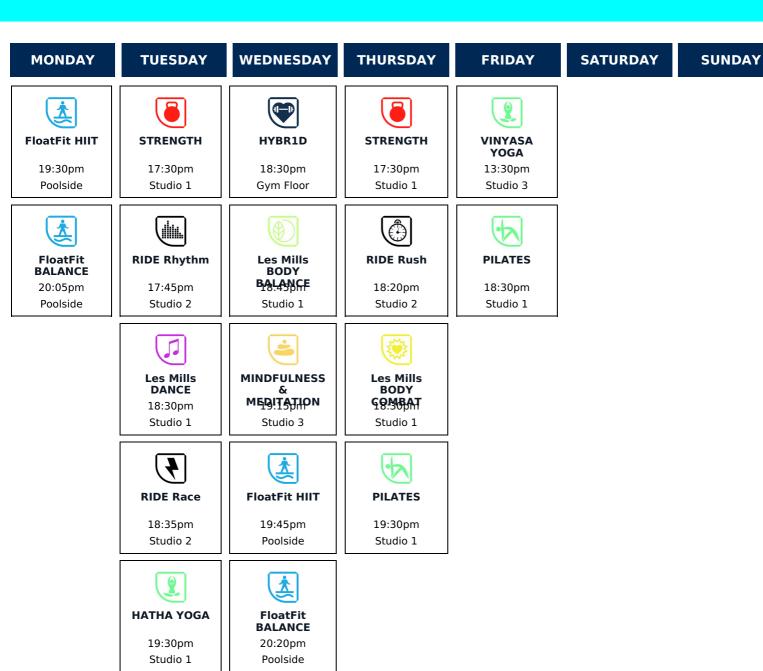
VINYASA

YOGA

18:15pm

Studio 3

GROUP CLASSES TIMETABLE



Valid from 14/04/2025 to 18/04/2025.