GROUP CLASSES TIMETABLE

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



Poolside





Studio 1

PILATES

11:55am Studio 1



Studio 2

Les Mills BODY PUMP 18:00pm Studio 1



Studio 1

IYENGAR YOGA 13:40pm Studio 3



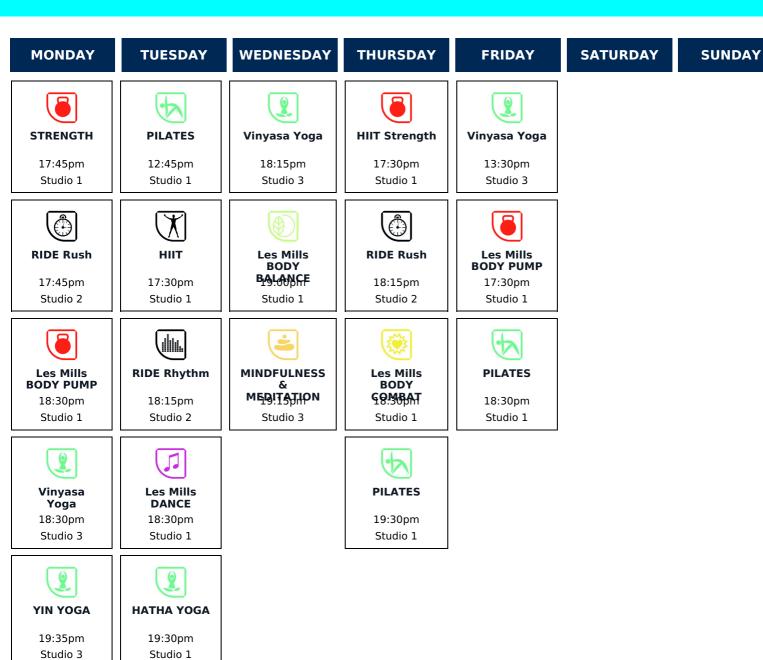
Studio 1

AQUA

12:45pm

Poolside

GROUP CLASSES TIMETABLE



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