

























































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills BODY BALANCE 17:30pm Studio 2</p>	 <p>RIDE Rush 07:00am Studio 3</p>	 <p>YOGA 07:00am Studio 2</p>	 <p>RIDE Race 07:00am Studio 3</p>	 <p>RIDE Race 06:45am Studio 3</p>	 <p>BOX 08:45am Studio 1</p>	 <p>RIDE Race 08:45am Studio 3</p>
 <p>Les Mills BODY COMBAT 18:15pm Studio 1</p>	 <p>Les Mills BODY PUMP 08:15am Studio 1</p>	 <p>RIDE Rhythm 08:45am Studio 3</p>	 <p>CORE 09:00am Studio 1</p>	 <p>Les Mills BODY PUMP 07:00am Studio 1</p>	 <p>RIDE Rhythm 09:00am Studio 3</p>	 <p>HIIT Strength 09:30am Studio 1</p>
 <p>RIDE Rhythm 18:15pm Studio 3</p>	 <p>Les Mills BODY BALANCE 09:15am Studio 2</p>	 <p>HIIT Strength 09:00am Studio 1</p>	 <p>STRENGTH 09:30am Studio 1</p>	 <p>YOGA 07:00am Studio 2</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>	 <p>Les Mills BODY BALANCE 09:30am Studio 2</p>
 <p>HATHA YOGA 18:15pm Studio 2</p>	 <p>STEP 09:15am Studio 1</p>	 <p>Les Mills BODY PUMP 09:30am Studio 1</p>	 <p>Les Mills BODY BALANCE 09:30am Studio 2</p>	 <p>RIDE Rhythm 08:45am Studio 3</p>	 <p>RIDE Race 09:30am Studio 3</p>	 <p>YOGA 10:15am Studio 2</p>
 <p>STRENGTH 19:00pm Studio 1</p>	 <p>RIDE Rhythm 09:15am Studio 3</p>	 <p>AQUA 09:30am Poolside</p>	 <p>RIDE Rhythm 09:30am Studio 3</p>	 <p>Les Mills BODY BALANCE 08:45am Studio 1</p>	 <p>VINYASA YOGA 09:30am Studio 2</p>	 <p>Les Mills BODY PUMP 10:20am Studio 1</p>
 <p>RESTORATIVE YOGA 19:15pm Studio 2</p>	 <p>AQUA 09:30am Poolside</p>	 <p>RIDE Rhythm 09:30am Studio 3</p>	 <p>FITNESS PILATES 10:15am Studio 1</p>	 <p>STRETCH 09:00am Studio 2</p>	 <p>Les Mills BODY PUMP 10:30am Studio 1</p>	 <p>POWER YOGA 11:15am Studio 1</p>
 <p>RIDE Race 06:45am Studio 3</p>	 <p>PILATES 10:00am Studio 2</p>	 <p>YOGA 09:30am Studio 2</p>	 <p>HATHA YOGA 10:15am Studio 2</p>	 <p>PILATES 09:30am Studio 2</p>	 <p>Les Mills BODY BALANCE 10:30am Studio 2</p>	
 <p>RIDE Race 08:45am Studio 3</p>	 <p>HIIT Strength 10:10am Studio 1</p>	 <p>DANCE 10:30am Studio 1</p>	 <p>RIDE Rush 11:00am Studio 3</p>	 <p>RIDE Rhythm 09:30am Studio 3</p>	 <p>HATHA YOGA 11:30am Studio 2</p>	






GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>CORE</p> <p>09:00am Studio 1</p>	 <p>AQUA</p> <p>10:20am Poolside</p>	 <p>Les Mills BODY BALANCE</p> <p>10:30am Studio 2</p>	 <p>DANCE</p> <p>11:15am Studio 1</p>	 <p>Les Mills BODY ATTACK</p> <p>09:30am Studio 1</p>		
 <p>PILATES</p> <p>09:30am Studio 2</p>	 <p>PILATES</p> <p>11:00am Studio 1</p>	 <p>SHAPE</p> <p>11:15am Studio 1</p>	 <p>VINYASA FLOW YOGA</p> <p>11:15am Studio 2</p>	 <p>AQUA</p> <p>09:30am Poolside</p>		
 <p>Les Mills BODY COMBAT</p> <p>09:30am Studio 1</p>	 <p>SHAPE</p> <p>11:00am Studio 2</p>	 <p>YOGA</p> <p>11:20am Studio 2</p>	 <p>PARACISE</p> <p>12:35pm Studio 1</p>	 <p>AQUA</p> <p>10:15am Poolside</p>		
 <p>RIDE Rhythm</p> <p>09:30am Studio 3</p>	 <p>RIDE Rhythm</p> <p>12:00pm Studio 3</p>	 <p>STRETCH</p> <p>12:00pm Studio 1</p>	 <p>RESTORATIVE YOGA</p> <p>14:00pm Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>10:30am Studio 1</p>		
 <p>AQUA</p> <p>10:00am Poolside</p>	 <p>MINDFULNESS & MEDITATION</p> <p>12:00pm Studio 2</p>	 <p>TAI CHI</p> <p>12:30pm Studio 2</p>	 <p>PILATES</p> <p>17:30pm Studio 2</p>	 <p>VINYASA YOGA</p> <p>10:30am Studio 2</p>		
 <p>Les Mills BODY BALANCE</p> <p>10:15am Studio 2</p>	 <p>ZUMBA</p> <p>12:00pm Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>12:35pm Studio 1</p>	 <p>SHAPE</p> <p>17:45pm Studio 1</p>	 <p>RIDE Rush</p> <p>11:00am Studio 3</p>		
 <p>Les Mills BODY PUMP</p> <p>10:30am Studio 1</p>	 <p>FITNESS PILATES</p> <p>12:45pm Studio 1</p>	 <p>AQUA</p> <p>13:00pm Poolside</p>	 <p>Les Mills BODY COMBAT</p> <p>18:15pm Studio 1</p>	 <p>STRENGTH</p> <p>11:30am Studio 1</p>		
 <p>RIDE Rush</p> <p>11:00am Studio 3</p>	 <p>HATHA YOGA</p> <p>13:00pm Studio 2</p>	 <p>CORE</p> <p>17:30pm Studio 1</p>	 <p>KETTLECISE</p> <p>18:15pm Studio 2</p>	 <p>HATHA YOGA</p> <p>11:30am Studio 2</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>YOGA</p> <p>11:00am Studio 2</p>	 <p>PARADISE</p> <p>13:35pm Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>18:00pm Studio 1</p>	 <p>RIDE Rush</p> <p>18:15pm Studio 3</p>	 <p>DANCE</p> <p>12:00pm Studio 1</p>		
 <p>STRENGTH</p> <p>11:30am Studio 1</p>	 <p>RESTORATIVE YOGA</p> <p>14:00pm Studio 2</p>	 <p>RIDE Rhythm</p> <p>18:30pm Studio 3</p>	 <p>Les Mills BODY PUMP</p> <p>19:00pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>13:00pm Studio 3</p>		
 <p>PILATES</p> <p>12:00pm Studio 2</p>	 <p>HIIT Strength</p> <p>17:45pm Studio 1</p>	 <p>FITNESS PILATES</p> <p>19:00pm Studio 2</p>	 <p>YOGA</p> <p>19:00pm Studio 2</p>	 <p>PILATES</p> <p>13:00pm Studio 2</p>		
 <p>ZUMBA GOLD</p> <p>12:00pm Studio 1</p>	 <p>STRETCH</p> <p>17:45pm Studio 2</p>			 <p>POWER YOGA</p> <p>18:00pm Studio 1</p>		
 <p>YOGA</p> <p>13:00pm Studio 2</p>	 <p>DANCE</p> <p>18:15pm Studio 1</p>					
 <p>GOLF</p> <p>13:30pm Studio 1</p>	 <p>POWER YOGA</p> <p>18:15pm Studio 2</p>					
 <p>Les Mills BODY BALANCE</p> <p>17:50pm Studio 2</p>	 <p>RIDE Rhythm</p> <p>18:30pm Studio 3</p>					
 <p>Les Mills BODY COMBAT</p> <p>18:15pm Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>19:15pm Studio 1</p>					

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 18:15pm Studio 3	 PILATES 19:15pm Studio 2					
 HATHA YOGA 18:15pm Studio 2						
 STRENGTH 19:00pm Studio 1						
 RESTORATIVE YOGA 19:15pm Studio 2						

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