


























































































































GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

19:15pm
Studio 2

Valid from 27/01/2025 to 31/01/2025.