MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Race

06:45am Studio 1



RIDE Rush

07:00am Studio 1



RIDE Rhythm

07:00am Studio 1



RIDE Race

07:00am Studio 1



PILATES

09:30am Studio 2



RIDE Rhythm

08:00am Studio 1



RIDE Race

08:45am Studio 1



RIDE Race

08:45am Studio 1



Les Mills BODY PUMP

> 08:15am Studio 1



YOGA

07:00am Studio 2



Les Mills BODY OF TACK

Studio 1



Les Mills BODY

Studio 1



BOX

08:45am Studio 1



HIIT Strength

09:30am Studio 1



CORE

09:00am Studio 2



Les Mills BODY BALANCE

Studio 2



HIIT Strength 09:00am

Studio 1



CORE

09:00am Studio 1



AQUA

09:30am Poolside



RIDE Race

09:30am Studio 1



Les Mills BODY BALANCE

Studio 2



PILATES

09:30am Studio 2



STEP

09:15am Studio 1



Les Mills BODY PUMP

09:30am Studio 1



STRENGTH

09:30am Studio 1



AQUA

10:15am Poolside



VINYASA YOGA

09:30am Studio 2



YOGA

10:15am Studio 2



Les Mills BODY 69.MBAT

Studio 1



AQUA

09:30am Poolside



AQUA

09:30am Poolside



Les Mills BODY BALANCE

Studio 2



Les Mills BODY PUMP

> 10:30am Studio 1



Les Mills BODY BALANCE

Studio 2



Les Mills BODY PUMP

10:20am Studio 1



AQUA

10:00am Poolside



PILATES

10:00am Studio 2



YOGA

09:30am Studio 2



FITNESS

PILATES 10:15am Studio 1



VINYASA YOGA

10:30am Studio 2



Les Mills BODY PUMP 10:30am

Studio 1



YOGA 11:15am Studio 1



Les Mills BODY BALANCE

Studio 2



HIIT Strength

10:10am Studio 1



DANCE

10:30am Studio 1



HATHA YOGA

10:15am Studio 2



STRENGTH

11:30am Studio 1



Les Mills BODY GOMBAT

Studio 1



YOGA & MEDITATION 17:00pm Studio 2



Les Mills BODY PUMP 10:30am

Studio 1



AQUA

10:20am Poolside



Les Mills BODY BALANCE Studio 2



DANCE

11:15am Studio 1



HATHA YOGA

11:30am Studio 2



HATHA YOGA

11:30am Studio 2

SATURDAY

SUNDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY ٩ VINYASA YOGA **PILATES SHAPE RIDE Rush FLOW YOGA** 11:00am 11:00am 11:15am 11:15am 12:00pm Studio 2 Studio 1 Studio 1 Studio 2 Studio 1 **STRENGTH SHAPE YOGA PARACISE PILATES** 13:00pm 11:00am 11:30am 11:20am 12:35pm Studio 1 Studio 2 Studio 2 Studio 1 Studio 2 **RIDE Rush ZUMBA STRETCH RESTORATIVE RIDE Rhythm YOGA** 12:00pm 11:45am 12:00pm 14:00pm 13:00pm Studio 1 Studio 2 Studio 1 Studio 1 Studio 1 **MINDFULNESS POWER PILATES PILATES TAI CHI YOGA** MEDITATION 12:00pm 12:30pm 17:30pm 18:00pm Studio 2 Studio 2 Studio 2 Studio 2 Studio 1 **ZUMBA GOLD FITNESS** Les Mills **SHAPE RIDE Race BODY PUMP PILATES** 12:30pm 12:35pm 12:35pm 17:45pm 06:45am Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 Les Mills **YOGA HATHA YOGA AQUA YOGA BODY GOMBAT** 13:00pm 13:00pm 13:00pm 07:00am Studio 2 Studio 2 Poolside Studio 1 Studio 2 Les Mills **GOLF PARACISE CORE KETTLECISE BODY BALANCE** 13:30pm 13:30pm 17:30pm 18:15pm Studio 1 Studio 1 Studio 1 Studio 2 Studio 2



Studio 2



Studio 2



Les Mills BODY BALANCE Studio 1



Les Mills BODY PUMP 19:00pm Studio 1



RIDE Rhythm 08:45am

Studio 1

MONDAY TUESDAY WEDNESDAY THURSDAY SATURDAY FRIDAY RIDE Rhythm HIIT Strength YOGA YOGA PILATES 18:15pm 17:30pm 18:00pm 19:00pm 09:30am Studio 1 Studio 2 Studio 2 Studio 1 Studio 2 **HATHA YOGA STRETCH FITNESS** Les Mills **PILATES BODY** OJ:30SK 19:00pm 18:15pm 17:45pm Studio 2 Studio 2 Studio 2 Studio 1 **RIDE Rhythm RIDE Rhythm STRENGTH AQUA** 19:00pm 18:00pm 19:00pm 09:30am Studio 1 Studio 1 Studio 1 Poolside **RESTORATIVE POWER YOGA AQUA YOGA** 10:15am



18:15pm Studio 2



DANCE

18:45pm Studio 1



PILATES

19:15pm Studio 2



Les Mills **BODY PUMP**

19:30pm Studio 1



Poolside

Les Mills **BODY PUMP**

SUNDAY

10:30am Studio 1



VINYASA YOGA

10:30am Studio 2



STRENGTH

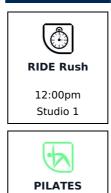
11:30am Studio 1



HATHA YOGA

11:30am Studio 2

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



13:00pm Studio 2





Valid from 16/12/2024 to 20/12/2024.