























































































































GROUP CLASSES TIMETABLE

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 ATTACK 08:15am Studio 1	 Les Mills BODY ATTACK 09:30am Studio 1	 BOX 08:45am Studio 1	 HIIT Strength 09:30am Studio 1
 CORE 09:00am Studio 2	 Les Mills BODY BALANCE 09:15am 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 09:30am 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 COMBAT 09:30am Studio 1	 AQUA 09:30am Poolside	 AQUA 09:30am Poolside	 Les Mills BODY BALANCE 09:30am Studio 2	 Les Mills BODY PUMP 10:30am Studio 1	 Les Mills BODY BALANCE 10:30am 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	 POWER YOGA 11:15am Studio 1
 Les Mills BODY BALANCE 10:15am 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 COMBAT 11:20am Studio 1	 YOGA & MEDITATION 17:00pm Studio 2
 Les Mills BODY PUMP 10:30am Studio 1	 AQUA 10:20am Poolside	 Les Mills BODY BALANCE 10:30am Studio 2	 DANCE 11:15am Studio 1	 HATHA YOGA 11:30am Studio 2	 HATHA YOGA 11:30am Studio 2	

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 YOGA 11:00am Studio 2	 PILATES 11:00am Studio 1	 SHAPE 11:15am Studio 1	 VINYASA FLOW YOGA 11:15am Studio 2	 RIDE Rush 12:00pm Studio 1		
 STRENGTH 11:30am Studio 1	 SHAPE 11:00am Studio 2	 YOGA 11:20am Studio 2	 PARACISE 12:35pm Studio 1	 PILATES 13:00pm Studio 2		
 RIDE Rush 12:00pm Studio 1	 ZUMBA 11:45am Studio 1	 STRETCH 12:00pm Studio 1	 RESTORATIVE YOGA 14:00pm Studio 2	 RIDE Rhythm 13:00pm Studio 1		
 PILATES 12:00pm Studio 2	 MINDFULNESS & MEDITATION 12:00pm Studio 2	 TAI CHI 12:30pm Studio 2	 PILATES 17:30pm Studio 2	 POWER YOGA 18:00pm Studio 1		
 ZUMBA GOLD 12:30pm Studio 1	 FITNESS PILATES 12:35pm Studio 1	 Les Mills BODY PUMP 12:35pm Studio 1	 SHAPE 17:45pm Studio 1	 RIDE Race 06:45am Studio 1		
 YOGA 13:00pm Studio 2	 HATHA YOGA 13:00pm Studio 2	 AQUA 13:00pm Poolside	 Les Mills BODY COMBAT 18:15pm Studio 1	 YOGA 07:00am Studio 2		
 GOLF 13:30pm Studio 1	 PARACISE 13:30pm Studio 1	 CORE 17:30pm Studio 1	 KETTLECISE 18:15pm Studio 2	 Les Mills BODY BALANCE 08:45am Studio 2		
 Les Mills BODY BALANCE 17:30pm Studio 2	 RESTORATIVE YOGA 14:00pm Studio 2	 Les Mills BODY BALANCE 18:00pm Studio 1	 Les Mills BODY PUMP 19:00pm Studio 1	 RIDE Rhythm 08:45am Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rhythm</p> <p>18:15pm Studio 1</p>	 <p>HIIT Strength</p> <p>17:30pm Studio 1</p>	 <p>YOGA</p> <p>18:00pm Studio 2</p>	 <p>YOGA</p> <p>19:00pm Studio 2</p>	 <p>PILATES</p> <p>09:30am Studio 2</p>		
 <p>HATHA YOGA</p> <p>18:15pm Studio 2</p>	 <p>STRETCH</p> <p>17:45pm Studio 2</p>	 <p>FITNESS PILATES</p> <p>19:00pm Studio 2</p>		 <p>Les Mills BODY ATTACK</p> <p>09:30am Studio 1</p>		
 <p>STRENGTH</p> <p>19:00pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>18:00pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>19:00pm Studio 1</p>		 <p>AQUA</p> <p>09:30am Poolside</p>		
 <p>RESTORATIVE YOGA</p> <p>19:15pm Studio 2</p>	 <p>POWER YOGA</p> <p>18:15pm Studio 2</p>			 <p>AQUA</p> <p>10:15am Poolside</p>		
	 <p>DANCE</p> <p>18:45pm Studio 1</p>			 <p>Les Mills BODY PUMP</p> <p>10:30am Studio 1</p>		
	 <p>PILATES</p> <p>19:15pm Studio 2</p>			 <p>VINYASA YOGA</p> <p>10:30am Studio 2</p>		
	 <p>Les Mills BODY PUMP</p> <p>19:30pm Studio 1</p>			 <p>STRENGTH</p> <p>11:30am Studio 1</p>		
				 <p>HATHA YOGA</p> <p>11:30am Studio 2</p>		

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Rush

12:00pm
Studio 1



PILATES

13:00pm
Studio 2



RIDE Rhythm

13:00pm
Studio 1



**POWER
YOGA**

18:00pm
Studio 1

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