





























































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rush 06:45am Spin Studio	 STRENGTH power 06:45am Studio 1	 RIDE Rush 08:00am Spin Studio	 RIDE Rush 07:00am Spin Studio	 STRENGTH power 06:45am Studio 1	 RIDE Rush 09:15am Spin Studio	 RIDE Rush 09:00am Spin Studio
 SHAPE 08:30am Studio 1	 PILATES 07:30am Studio 1	 Les Mills BODY BALANCE 08:30am Studio 2	 YOGA & MEDITATION 07:00am Studio 2	 RIDE Rush 08:00am Spin Studio	 BOX 10:05am Studio 1	 RIDE Rush 10:00am Spin Studio
 POWER YOGA 09:00am Studio 2	 PILATES 08:00am Studio 2	 STRENGTH functional 08:45am Studio 1	 PILATES 07:30am Studio 1	 PILATES 08:15am Studio 1	 Les Mills BODY PUMP 11:00am Studio 1	 Les Mills BODY COMBAT 10:30am Studio 1
 Les Mills BODY ATTACK 09:25am Studio 1	 Les Mills BODY PUMP 08:30am Studio 1	 AQUA 09:15am Poolside	 STEP 08:30am Studio 1	 PILATES 08:20am Studio 2	 Les Mills BODY COMBAT 11:55am Studio 1	 YOGA 10:35am Studio 2
 RIDE Rush 09:30am Spin Studio	 PILATES 09:00am Studio 2	 PILATES 09:30am Studio 2	 PILATES 08:30am Studio 2	 STRENGTH 09:00am Gym Floor	 PILATES 08:00am Studio 1	 Les Mills BODY COMBAT 11:50am Studio 1
 AQUA 09:30am Poolside	 AQUA 09:15am Poolside	 KETTLECISE 09:35am Studio 1	 CORE 09:00am Gym Floor	 RIDE Rush 09:00am Spin Studio	 RIDE Rush 08:15am Spin Studio	 Les Mills BODY BALANCE 11:45am Studio 2
 CORE 10:15am Studio 2	 RIDE Rhythm 09:15am Spin Studio	 RIDE Rhythm 09:40am Spin Studio	 YOGA & MEDITATION 09:20am Studio 2	 AQUA 09:10am Poolside	 CORE 08:30am Gym Floor	 VINYASA YOGA 16:00pm Studio 1
 Les Mills BODY PUMP 10:15am Studio 1	 DANCE 09:25am Studio 1	 AQUA 10:15am Poolside	 RIDE Rush 09:30am Spin Studio	 Les Mills BODY BALANCE 09:15am Studio 1	 Les Mills BODY BALANCE 09:00am Studio 2	 RESTORATIVE YOGA 17:00pm Studio 1

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY COMBAT 11:05am Studio 1	 AQUA 10:15am Poolside	 Les Mills BODY PUMP 10:25am Studio 1	 PILATES 09:30am Studio 1	 VINYASA YOGA 09:15am Studio 2	 POWER YOGA 09:00am Studio 1	
 VINYASA YOGA 11:05am Studio 2	 BARRE 10:15am Studio 2	 Les Mills BODY COMBAT 11:15am Studio 1	 AQUA 09:30am Poolside	 STRENGTH power 10:05am Studio 1	 RIDE Rush 09:15am Spin Studio	
 PILATES 11:55am Studio 1	 SHAPE 10:15am Studio 1	 CORE 11:15am Studio 2	 PILATES 10:20am Studio 2	 BARRE 10:15am Studio 2	 BOX 10:05am Studio 1	
 STRENGTH 12:00pm Gym Floor	 CORE 11:05am Studio 2	 Les Mills BODY PUMP 12:05pm Studio 1	 SHAPE 10:30am Studio 1	 Les Mills BODY PUMP 11:00am Studio 1	 Les Mills BODY PUMP 11:00am Studio 1	
 Les Mills BODY BALANCE 12:00pm Studio 2	 PILATES 11:05am Studio 1	 Les Mills BODY BALANCE 12:10pm Studio 2	 Les Mills BODY PUMP 11:20am Studio 1	 FITNESS YOGA 11:30am Studio 2	 Les Mills BODY COMBAT 11:55am Studio 1	
 MOVE 12:45pm Studio 1	 ZUMBA 12:00pm Studio 1	 RIDE Rush 12:15pm Spin Studio	 POWER YOGA 11:30am Studio 2	 SHAPE 12:00pm Studio 1		
 PILATES 12:50pm Studio 2	 FITNESS YOGA 12:30pm Studio 2	 POWER YOGA 13:00pm Studio 1	 Les Mills BODY BALANCE 12:10pm Studio 1	 HATHA YOGA 13:00pm Studio 1		
 RIDE Rush 13:40pm Spin Studio	 MOVE 12:50pm Studio 1	 YOGA 13:05pm Studio 2	 MOVE 13:00pm Studio 1	 PILATES 14:00pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>PILATES</p> <p>13:40pm Studio 1</p>	 <p>AQUA ZUMBA</p> <p>13:15pm Poolside</p>	 <p>PILATES</p> <p>14:10pm Studio 1</p>	 <p>STRETCH</p> <p>13:50pm Studio 1</p>	 <p>STRENGTH</p> <p>17:00pm Gym Floor</p>		
 <p>AQUA</p> <p>13:40pm Poolside</p>	 <p>Les Mills BODY BALANCE</p> <p>13:40pm Studio 1</p>	 <p>Les Mills BODY COMBAT</p> <p>17:55pm Studio 1</p>	 <p>AQUA</p> <p>13:55pm Poolside</p>	 <p>YOGA & MEDITATION</p> <p>18:00pm Studio 2</p>		
 <p>STEP</p> <p>14:35pm Studio 1</p>	 <p>STRETCH</p> <p>14:30pm Studio 1</p>	 <p>HYBRID</p> <p>18:00pm Gym Floor</p>	 <p>STRENGTH</p> <p>17:00pm Gym Floor</p>	 <p>Les Mills BODY COMBAT</p> <p>18:50pm Studio 1</p>		
 <p>STRENGTH</p> <p>17:00pm Gym Floor</p>	 <p>FloatFit HIIT</p> <p>18:00pm Poolside</p>	 <p>VINYASA YOGA</p> <p>18:30pm Studio 2</p>	 <p>RIDE Rush</p> <p>18:00pm Spin Studio</p>			
 <p>Les Mills BODY PUMP</p> <p>18:00pm Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>18:30pm Studio 1</p>	 <p>FloatFit HIIT</p> <p>19:00pm Poolside</p>	 <p>Les Mills BODY COMBAT</p> <p>18:30pm Studio 1</p>			
 <p>RIDE Rush</p> <p>18:00pm Spin Studio</p>	 <p>RIDE Rush</p> <p>18:30pm Spin Studio</p>	 <p>FloatFit BALANCE</p> <p>19:35pm Poolside</p>	 <p>FloatFit HIIT</p> <p>19:00pm Poolside</p>			
 <p>FloatFit HIIT</p> <p>18:30pm Poolside</p>	 <p>FloatFit BALANCE</p> <p>18:35pm Poolside</p>	 <p>PILATES</p> <p>19:35pm Studio 1</p>	 <p>VINYASA YOGA</p> <p>19:30pm Studio 2</p>			
 <p>Les Mills BODY BALANCE</p> <p>18:50pm Studio 1</p>	 <p>HYBRID</p> <p>19:15pm Gym Floor</p>		 <p>FloatFit BALANCE</p> <p>19:35pm Poolside</p>			

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Rush

19:00pm
Spin Studio



**STRENGTH
functional**

19:20pm
Studio 1



**FloatFit
BALANCE**

19:05pm
Poolside



**VINYASA
YOGA**

19:45pm
Studio 2



**VINYASA
YOGA**

19:30pm
Studio 2



**Les Mills
BODY
COMBAT**

19:40pm
Studio 1

Valid from 17/02/2025 to 21/02/2025.