




































































































GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 STRENGTH 17:00pm Gym Floor	 AQUA ZUMBA 13:15pm Poolside	 PILATES 14:10pm Studio 1	 STRETCH 13:50pm Studio 1	 STRENGTH 17:00pm Gym Floor		
 Les Mills BODY PUMP 18:00pm Studio 1	 Les Mills BODY BALANCE 13:40pm Studio 1	 Les Mills BODY COMBAT 17:55pm Studio 1	 AQUA 13:55pm Poolside	 YOGA & MEDITATION 18:00pm Studio 2		
 RIDE Rush 18:00pm Spin Studio	 STRETCH 14:30pm Studio 1	 HYBRID 18:00pm Gym Floor	 STRENGTH 17:00pm Gym Floor	 Les Mills BODY COMBAT 18:50pm Studio 1		
 FloatFit HIIT 18:30pm Poolside	 Les Mills BODY PUMP 18:30pm Studio 1	 VINYASA YOGA 18:30pm Studio 2	 RIDE Rush 18:00pm Spin Studio			
 Les Mills BODY BALANCE 18:50pm Studio 1	 RIDE Rush 18:30pm Spin Studio	 FloatFit HIIT 19:00pm Poolside	 Les Mills BODY COMBAT 18:30pm Studio 1			
 RIDE Rush 19:00pm Spin Studio	 HYBRID 19:15pm Gym Floor	 FloatFit BALANCE 19:35pm Poolside	 FloatFit HIIT 19:00pm Poolside			
 FloatFit BALANCE 19:05pm Poolside	 VINYASA YOGA 19:45pm Studio 2	 PILATES 19:35pm Studio 1	 YOGA & MEDITATION 19:30pm Studio 2			
 VINYASA YOGA 19:30pm Studio 2			 FloatFit BALANCE 19:35pm Poolside			

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills
**BODY
COMBAT**
19-20pm
Studio 1

Valid from 31/03/2025 to 04/04/2025.