WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY SUNDAY FRIDAY RIDE Race FITNESS YOGA PILATES Les Mills Les Mills **PILATES BODY PUMP BODY** BALANCE 06:45am 08:30am 08:45am 08:30am 09:20am 09:00am Spin Studio Studio 2 Studio 1 Studio 2 Studio 2 Studio 1 Studio 1 **MOVE YOGA PILATES** Les Mills **RIDE Race RIDE Race BODY PUMP** 08:30am 08:45am 09:00am 09:25am 09:25am 09:15am 09:00am Studio 1 Studio 1 Studio 2 Studio 2 Studio 1 Spin Studio Spin Studio **RIDE Rhythm** YOGA **FITNESS HIIT Circuits** Les Mills **BLAST** Les Mills **BODY PUMP BODY PUMP PILATES** 08:30am 09:20am 09:30am 09:30am 09:30am 10:00am 10:00am Studio 2 Studio 2 Studio 1 Studio 1 Spin Studio Studio 1 Studio 1 **PILATES BOX RIDE Rhythm RIDE Rhythm DANCE RIDE Rhythm YOGA** 09:20am 09:30am 09:30am 09:30am 10:15am 10:05am 10:00am Studio 2 Studio 1 Spin Studio Spin Studio Studio 1 Spin Studio Studio 2 **RIDE Rhythm RIDE Race AQUA AQUA RIDE Race** 09:30am 09:30am 10:00am 10:15am 10:20am Spin Studio Spin Studio Spin Studio Pool Pool **AQUA RIDE Race** Les Mills BLAST **BODY GOMBAT** 09:30am 10:15am 10:20am 11:00am Studio 1 Pool Spin Studio Studio 1 Gym Floor



AQUA

09:30am

Pool





RIDE Rhythm

10:20am

Spin Studio

Les Mills BODY PUMP 10:30am Studio 1



Les Mills

BODY

BALANCE

Studio 2

BOX 10:20am Studio 1



Les Mills

BODY

BALANCE

Studio 2





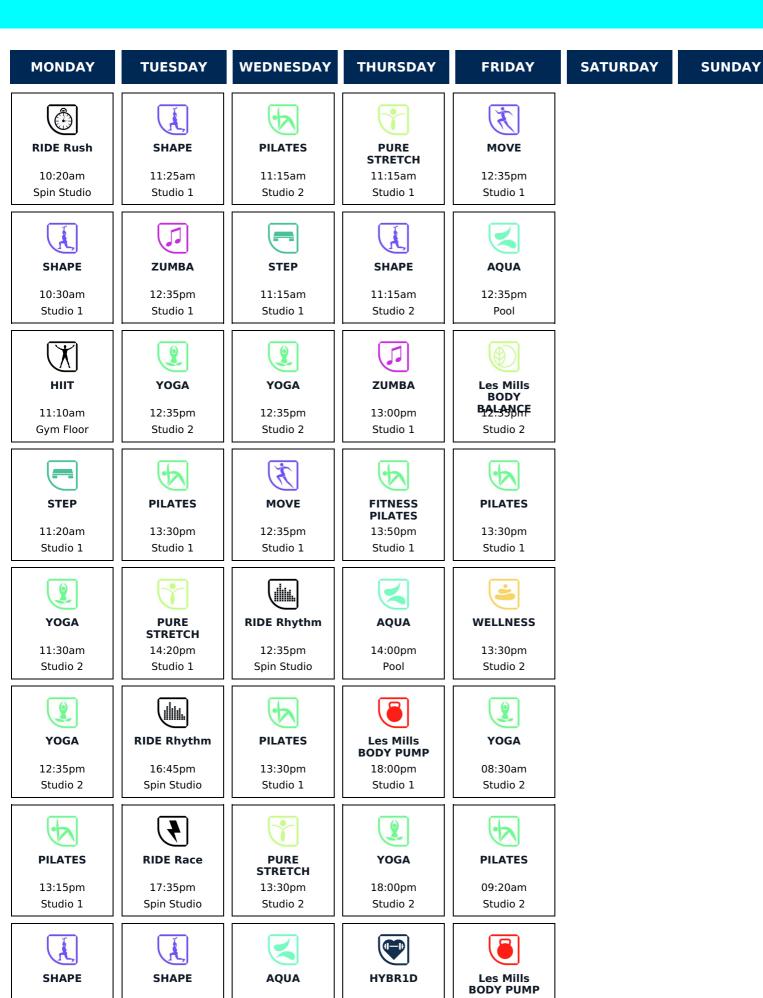
PURE

STRETCH

11:15am

Studio 1

11:30am Studio 2



18:30pm

Gym Floor

09:25am

Studio 1

14:00pm

Studio 1

18:00pm

Studio 1

14:30pm

Pool

MONDAY

15:00pm Pool

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



AQUA



HYBR1D

TUESDAY

18:15pm Gym Floor



RIDE Race

17:45pm Spin Studio



Les Mills **BODY GRABAT**

Studio 1



RIDE Rhythm

09:30am Spin Studio



Les Mills **BODY** BALANCE

Studio 2



YOGA

18:50pm Studio 1



Les Mills BODY BALANCE

Studio 2



RIDE Race

19:00pm Spin Studio



DANCE

10:15am Studio 1



BLAST

18:00pm Studio 1



18:55pm Studio 1



SHAPE



YOGA

18:55pm Studio 2



Les Mills **BODY PUMP**

> 18:15pm Studio 1



YOGA

18:50pm Studio 2



SHAPE

19:05pm Studio 1



RIDE Race

10:20am Spin Studio



11:00am Gym Floor



PURE STRETCH

11:15am Studio 1



CORE

11:30am Studio 2



MOVE

12:35pm Studio 1



AQUA

12:35pm Pool

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY





PILATES

13:30pm Studio 1



WELLNESS

13:30pm Studio 2



DANCE

18:00pm Studio 1



YOGA

18:50pm Studio 1

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