GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Race

06:45am Spin Studio



FITNESS PILATES

08:30am Studio 2



MOVI

08:30am Studio 1



YOGA

08:30am Studio 2



YOGA

08:30am Studio 2



RIDE Rhythm

09:15am Spin Studio



Les Mills BODY BALANCE

Studio 1



MOVE

08:30am Studio 1



HIIT Circuits

08:45am Studio 1



YOGA

09:00am Studio 2



BLAST

08:40am Studio 1



PILATES

09:20am Studio 2



BLAST

10:00am Studio 1



RIDE Race

09:00am Spin Studio



YOGA

08:30am Studio 2



FITNESS PILATES

09:20am Studio 2



HIIT Circuits

09:30am Studio 1



PILATES

09:25am Studio 2



Les Mills BODY PUMP

09:25am Studio 1



RIDE Rhythm

10:05am Spin Studio



Les Mills BODY PUMP

10:00am Studio 1



PILATES

09:20am Studio 2



RIDE Rhythm

09:30am Spin Studio



RIDE Rhythm

09:30am Spin Studio



Les Mills BODY PUMP

09:30am Studio 1



RIDE Rhythm

09:30am Spin Studio



Les Mills BODY PUMP

09:00am Studio 1



YOGA

10:00am Studio 2



AQUA

09:30am Pool



вох

09:30am Studio 1



AQUA

10:00am Pool



RIDE Rhythm

09:30am Spin Studio



DANCE

10:15am Studio 1



RIDE Rhythm

09:15am Spin Studio



RIDE Rhythm

09:30am Spin Studio



AQUA

10:15am Pool



Les Mills BODY BALANCE

Studio 2



FloatFit HIIT

09:30am Pool



RIDE Race

10:20am Spin Studio



BLAST

10:00am Studio 1



BLAST

09:30am Studio 1



STRENGTH

10:20am Gym Floor



RIDE Rush

10:20am Spin Studio



AQUA

10:15am Pool



PURE STRETCH

11:15am Studio 1



RIDE Rhythm

10:05am Spin Studio



Les Mills BODY BALANCE

Studio 2



RIDE Race

10:20am Spin Studio



STRENGTH reps

10:30am Studio 1



RIDE Race

10:20am Spin Studio



CORE

11:30am Studio 2

GROUP CLASSES TIMETABLE

SATURDAY

SUNDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY RIDE Rhythm Les Mills **STEP** Les Mills MOVE **BODY BODY** BALANCE **GOMBAT** 10:20am 11:15am 12:35pm Studio 2 Spin Studio Studio 1 Studio 1 Studio 1 Les Mills Les Mills YOGA **SHAPE PILATES BODY PUMP BODY** 10:30am BALANCE 10:30am 11:15am 12:35pm Studio 1 Studio 1 Studio 2 Studio 2 Studio 2 FloatFit HIIT **MINDFULNESS MOVE PURE AQUA STRETCH** MEDITATION 10:30am 12:35pm 11:15am 12:35pm Studio 2 Studio 1 Studio 1 Pool Pool **PILATES SHAPE YOGA SHAPE** 11:05am 11:25am 12:35pm 11:15am 13:25pm Gym Floor Studio 1 Studio 2 Studio 2 Studio 1 **STEP ZUMBA PILATES ZUMBA** TAI CHI 11:20am 12:35pm 13:30pm 13:00pm 13:30pm Studio 1 Studio 1 Studio 1 Studio 1 Studio 2 **YOGA YOGA** TAI CHI **AQUA STRENGTH** functional 11:30am 12:35pm 13:30pm 14:00pm 14:15pm Studio 1 Studio 2 Studio 2 Studio 2 Pool **YOGA AQUA WELLNESS YOGA PILATES** 12:35pm 13:30pm 14:30pm 14:00pm 18:00pm Studio 2 Studio 1 Pool Studio 2 Studio 1 ((()



Studio 1





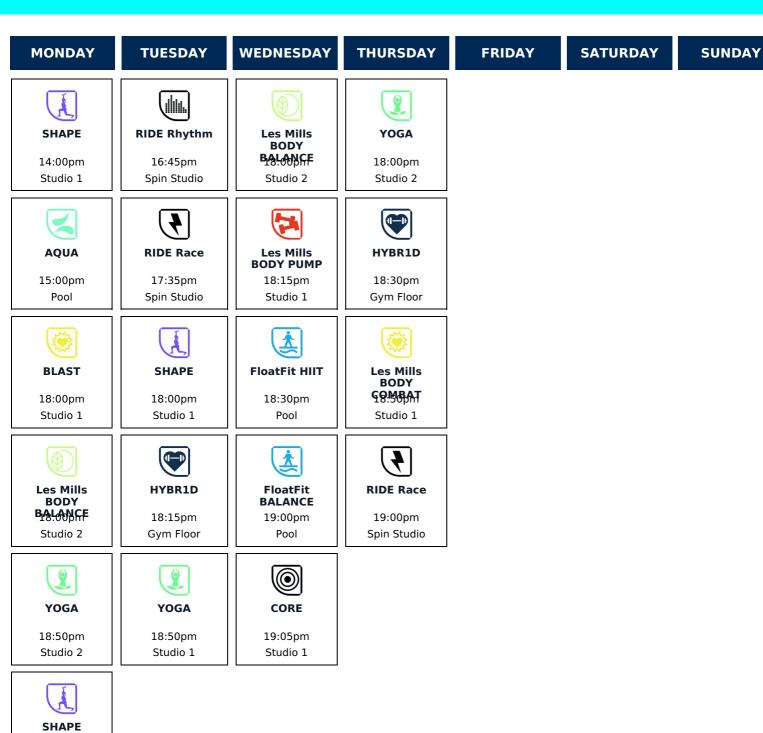








GROUP CLASSES TIMETABLE



Valid from 24/03/2025 to 28/03/2025.

18:55pm Studio 1