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



09:30am

Pool





10:20am

Spin Studio

STRENGTH

10:30am Gym Floor



Studio 2

10:20am Studio 1



10:25am

Spin Studio

SHAPE 11:15am

Studio 2



STRETCH 11:15am Studio 1

11:00am

Gym Floor

19:00pm

Spin Studio

18:50pm

Studio 1

SATURDAY

SUNDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY @ RIDE Rush Les Mills **PILATES ZUMBA CORE BODY PUMP** 10:20am 10:30am 11:15am 13:00pm 11:30am Spin Studio Studio 1 Studio 2 Studio 1 Studio 2 **STEP FITNESS SHAPE SHAPE MOVE PILATES** 13:50pm 10:30am 11:25am 11:15am 12:35pm Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **YOGA AQUA AQUA** 11:10am 11:30am 12:35pm 14:00pm 12:35pm Gym Floor Gym Floor Studio 2 Pool Pool Les Mills Les Mills **STEP ZUMBA MOVE BODY PUMP BODY** BALANCE 11:20am 12:35pm 12:35pm 18:00pm Studio 1 Studio 1 Studio 1 Studio 1 Studio 2 **YOGA YOGA RIDE Rhythm YOGA PILATES** 11:30am 12:35pm 12:35pm 18:00pm 13:30pm Studio 2 Studio 2 Spin Studio Studio 2 Studio 1 **YOGA PILATES PILATES HYBR1D WELLNESS** 13:30pm 13:30pm 18:30pm 13:30pm 12:35pm Studio 2 Studio 1 Studio 1 Gym Floor Studio 2 Les Mills **PURE PURE PILATES DANCE STRETCH STRETCH BODY GRABBAT** 13:15pm 14:20pm 13:30pm 18:00pm Studio 1 Studio 1 Studio 2 Studio 1 Studio 1 **SHAPE RIDE Rhythm AQUA RIDE Race YOGA**

14:30pm

Pool

14:00pm

Studio 1

16:45pm

Spin Studio

SUNDAY

SATURDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY AQUA RIDE Race RIDE Race YOGA 15:00pm 17:35pm 17:45pm 08:30am Pool Spin Studio Spin Studio Studio 2 Les Mills **SHAPE** Les Mills **PILATES BODY BODY** BALANCE BALANCE 18:00pm 09:25am Studio 2 Studio 1 Studio 2 Studio 2 Les Mills **BLAST HYBR1D** Les Mills **BODY PUMP BODY PUMP** 18:00pm 18:15pm 18:15pm 09:30am Studio 1 Studio 1 Gym Floor Studio 1 **YOGA YOGA SHAPE RIDE Rhythm** 18:55pm 18:50pm 18:50pm 09:30am Studio 1 Studio 1 Studio 2 Spin Studio



18:55pm Studio 2



19:05pm Studio 1



10:15am Pool

AQUA



BODY GOMBAT

Studio 1



Les Mills BODY BALANCE

Studio 2



RIDE Rush

10:25am Spin Studio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PURE STRETCH

11:15am Studio 1



SHAPE

11:15am Studio 2



ZUMBA

13:00pm Studio 1



FITNESS PILATES

13:50pm Studio 1



AQUA

14:00pm Pool



Les Mills BODY PUMP

18:00pm Studio 1



YOGA

18:00pm Studio 2

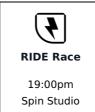


HYBR1D

18:30pm Gym Floor

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY





Valid from 18/11/2024 to 22/11/2024.