
















































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Race 06:45am Spin Studio	 FITNESS PILATES 08:30am Studio 2	 MOVE 08:30am Studio 1	 YOGA 08:30am Studio 2	 YOGA 08:30am Studio 2	 RIDE Rhythm 09:15am Spin Studio	 Les Mills BODY BALANCE 09:00am 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	 BOX 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 10:20am 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 10:20am 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rhythm 10:20am Spin Studio</p>	 <p>Les Mills BODY BALANCE 10:20am Studio 2</p>	 <p>STEP 11:15am Studio 1</p>	 <p>Les Mills BODY COMBAT 10:20am Studio 1</p>	 <p>MOVE 12:35pm Studio 1</p>		
 <p>SHAPE 10:30am Studio 1</p>	 <p>Les Mills BODY PUMP 10:30am Studio 1</p>	 <p>PILATES 11:15am Studio 2</p>	 <p>Les Mills BODY BALANCE 10:20am Studio 2</p>	 <p>YOGA 12:35pm Studio 2</p>		
 <p>FloatFit HIIT 10:30am Pool</p>	 <p>MINDFULNESS & MEDITATION 11:20am Studio 2</p>	 <p>MOVE 12:35pm Studio 1</p>	 <p>PURE STRETCH 11:15am Studio 1</p>	 <p>AQUA 12:35pm Pool</p>		
 <p>HIIT 11:05am Gym Floor</p>	 <p>SHAPE 11:25am Studio 1</p>	 <p>YOGA 12:35pm Studio 2</p>	 <p>SHAPE 11:15am Studio 2</p>	 <p>PILATES 13:25pm Studio 1</p>		
 <p>STEP 11:20am Studio 1</p>	 <p>ZUMBA 12:35pm Studio 1</p>	 <p>PILATES 13:30pm Studio 1</p>	 <p>ZUMBA 13:00pm Studio 1</p>	 <p>TAI CHI 13:30pm Studio 2</p>		
 <p>YOGA 11:30am Studio 2</p>	 <p>YOGA 12:35pm Studio 2</p>	 <p>TAI CHI 13:30pm Studio 2</p>	 <p>AQUA 14:00pm Pool</p>	 <p>STRENGTH functional 14:15pm Studio 1</p>		
 <p>YOGA 12:35pm Studio 2</p>	 <p>PILATES 13:30pm Studio 1</p>	 <p>AQUA 14:30pm Pool</p>	 <p>WELLNESS 14:00pm Studio 2</p>	 <p>YOGA 18:00pm Studio 1</p>		
 <p>PILATES 13:15pm Studio 1</p>	 <p>PURE STRETCH 14:20pm Studio 1</p>	 <p>RIDE Race 17:45pm Spin Studio</p>	 <p>Les Mills BODY PUMP 18:00pm Studio 1</p>	 <p>CORE 18:50pm Studio 1</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SHAPE 14:00pm Studio 1	 RIDE Rhythm 16:45pm Spin Studio	 Les Mills BODY BALANCE 18:00pm Studio 2	 YOGA 18:00pm Studio 2			
 AQUA 15:00pm Pool	 RIDE Race 17:35pm Spin Studio	 Les Mills BODY PUMP 18:15pm Studio 1	 HYBR1D 18:30pm Gym Floor			
 BLAST 18:00pm Studio 1	 SHAPE 18:00pm Studio 1	 FloatFit HIIT 18:30pm Pool	 Les Mills BODY COMBAT 18:50pm Studio 1			
 Les Mills BODY BALANCE 18:00pm Studio 2	 HYBR1D 18:15pm Gym Floor	 FloatFit BALANCE 19:00pm Pool	 RIDE Race 19:00pm Spin Studio			
 YOGA 18:50pm Studio 2	 YOGA 18:50pm Studio 1	 CORE 19:05pm Studio 1				
 SHAPE 18:55pm Studio 1						

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