GROUP CLASSES TIMETABLE

MONDAY

YOGA

08:30am Studio 2

TUESDAY

FITNESS PILATES

08:30am Studio 2



WEDNESDAY

08:30am Studio 1



THURSDAY

YOGA

08:30am Studio 2



FRIDAY

YOGA

08:30am Studio 2



Les Mills **BODY PUMP**

SATURDAY

09:00am Studio 1



SUNDAY

Les Mills **BODY PUMP**

10:00am Studio 1



PILATES

09:20am Studio 2



HIIT Circuits

08:45am Studio 1



YOGA

09:00am Studio 2



PILATES

09:25am Studio 2



PILATES

09:20am Studio 2



RIDE Rhythm

09:15am Spin Studio



YOGA

10:00am Studio 2



AQUA

09:30am Pool



FITNESS PILATES

09:20am Studio 2



HIIT Circuits

09:30am Studio 1



FloatFit HIIT

09:30am Pool



Les Mills **BODY PUMP**

09:25am Studio 1



BLAST

10:00am Studio 1



FloatFit BALANCE

11:00am Pool



RIDE Rhythm

09:30am Spin Studio



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



RIDE Rhythm

10:05am Spin Studio



Les Mills **BODY**

BALANCE Studio 1



BLAST

09:30am Studio 1



BOX

09:30am Studio 1



AQUA

10:00am Pool



RIDE Rhythm

09:30am Spin Studio



DANCE

10:15am Studio 1



RIDE Race

09:00am Spin Studio



Les Mills **BODY**

Studio 2

BALANCE



AQUA

10:15am Pool

STRENGTH

10:20am

Gym Floor



Les Mills **BODY** BALANCE

Studio 2



AQUA

10:15am Pool



RIDE Race

10:20am Spin Studio



Les Mills **BODY PUMP**

10:00am Studio 1



RIDE Rhythm

10:20am Spin Studio



RIDE Rush

10:20am Spin Studio



RIDE Race

10:20am Spin Studio



PURE

STRETCH 11:15am Studio 1



YOGA

10:00am Studio 2



FloatFit HIIT

10:30am Pool



RIDE Race

10:20am Spin Studio



STRENGTH reps

10:30am Studio 1





BODY GOMBAT Studio 1

CORE

11:30am Studio 2



GROUP CLASSES TIMETABLE

SUNDAY

WEDNESDAY THURSDAY SATURDAY MONDAY TUESDAY FRIDAY SHAPE Les Mills **STEP** Les Mills **MOVE BODY BODY** BALANCE BALANCE 10:30am 11:15am 12:35pm Studio 2 Studio 1 Studio 1 Studio 2 Studio 1 Les Mills **PURE** YOGA **YOGA PILATES BODY PUMP STRETCH** 10:30am 11:15am 11:30am 11:15am 12:35pm Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 **MINDFULNESS YOGA MOVE SHAPE AQUA** MEDITATION 12:35pm 12:35pm 11:15am 12:35pm Studio 2 Studio 2 Studio 1 Studio 2 Pool **PILATES PILATES SHAPE YOGA ZUMBA** 13:15pm 11:25am 12:35pm 13:00pm 13:25pm Studio 1 Studio 1 Studio 2 Studio 1 Studio 1 **SHAPE ZUMBA PILATES AQUA** TAI CHI 14:00pm 12:35pm 13:30pm 14:00pm 13:30pm Studio 1 Studio 1 Studio 1 Pool Studio 2 **AQUA YOGA** TAI CHI **WELLNESS STRENGTH** functional 15:00pm 12:35pm 13:30pm 14:00pm 14:15pm Studio 1 Pool Studio 2 Studio 2 Studio 2 Les Mills Les Mills **AQUA YOGA PILATES BODY BODY PUMP** BALANCE 13:30pm 14:30pm 18:00pm 18:00pm Studio 2 Studio 1 Pool Studio 1 Studio 1 (O)



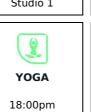




RIDE Race STRETCH 14:20pm 17:45pm Studio 1 Spin Studio



Studio 2





GROUP CLASSES TIMETABLE

SATURDAY

FRIDAY

SUNDAY

TUESDAY WEDNESDAY THURSDAY HYBR1D RIDE Rhythm Les Mills **BODY** BALANCE 16:45pm 18:30pm Spin Studio Studio 2 Gym Floor **RIDE Race** Les Mills Les Mills **BODY PUMP BODY GRABAT** 18:15pm 17:35pm Spin Studio Studio 1 Studio 1 **SHAPE** FloatFit HIIT **RIDE Race** 18:00pm 18:30pm 19:00pm Studio 1 Spin Studio Pool **FloatFit HYBR1D BALANCE** 19:00pm 18:15pm Gym Floor Pool **@ YOGA CORE** 18:50pm 19:05pm

Studio 1

Studio 1

MONDAY

Valid from 14/04/2025 to 18/04/2025.