GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

RIDE Race FITNESS PILATES

06:45am 08:30am Spin Studio 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** BALANCE





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



RIDE Rhythm

09:15am Spin Studio



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



BLAST

10:00am Studio 1



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



RIDE Rhythm

10:05am Spin Studio



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

09:30am Spin Studio



AQUA

10:15am Pool



Les Mills **BODY** BALANCE

Studio 2



AQUA

10:15am Pool



RIDE Race

10:20am Spin Studio



BLAST

09:30am Studio 1



STRENGTH

10:20am Gym Floor



RIDE Rush

10:20am Spin Studio



RIDE Race

10:20am Spin Studio



PURE

STRETCH 11:15am Studio 1



Les Mills **BODY** BALANCE Studio 2



RIDE Race

10:20am Spin Studio



STRENGTH

10:30am Studio 1





BODY GOMBAT Studio 1



CORE

11:30am Studio 2

GROUP CLASSES TIMETABLE

SUNDAY

SATURDAY

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



14:00pm Studio 1



STRETCH 14:20pm Studio 1



17:45pm Spin Studio



18:00pm Studio 2



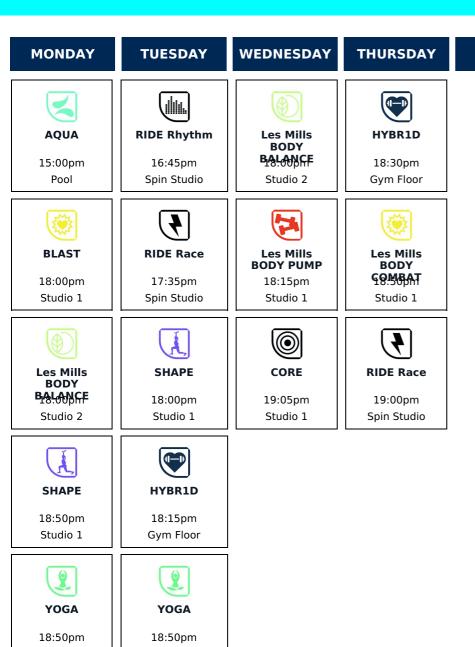
CORE 18:50pm Studio 1

GROUP CLASSES TIMETABLE

SATURDAY

FRIDAY

SUNDAY



Studio 2

Studio 1

Valid from 17/02/2025 to 21/02/2025.