




























































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Race 06:45am Spin Studio	 ZUMBA 12:35pm Studio 1	 MOVE 08:30am Studio 1	 YOGA 08:30am Studio 2		 Les Mills BODY PUMP 09:00am Studio 1	 Les Mills BODY BALANCE 09:00am Studio 1
 MOVE 08:30am Studio 1	 YOGA 12:35pm Studio 2	 YOGA 09:00am Studio 2	 HIIT Circuits 08:40am Studio 1		 RIDE Rhythm 09:15am Spin Studio	 RIDE Race 09:00am Spin Studio
 YOGA 08:30am Studio 2	 PILATES 13:30pm Studio 1	 HIIT Circuits 09:30am Studio 1	 PILATES 09:25am Studio 2		 BLAST 10:00am Studio 1	 Les Mills BODY PUMP 10:00am Studio 1
 PILATES 09:20am Studio 2	 PURE STRETCH 14:20pm Studio 1	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY PUMP 09:30am Studio 1		 RIDE Rhythm 10:05am Spin Studio	 YOGA 10:00am Studio 2
 AQUA 09:30am Pool	 RIDE Rhythm 16:45pm Spin Studio	 AQUA 10:15am Pool	 RIDE Rhythm 09:30am Spin Studio			
 RIDE Rhythm 09:30am Spin Studio	 RIDE Race 17:35pm Spin Studio	 Les Mills BODY BALANCE 10:20am Studio 2	 AQUA 10:15am Pool			
 BLAST 09:30am Studio 1	 SHAPE 18:00pm Studio 1	 RIDE Rush 10:20am Spin Studio	 RIDE Race 10:20am Spin Studio			
 Les Mills BODY BALANCE 10:20am Studio 2	 HYBR1D 18:15pm Gym Floor	 STRENGTH 10:30am Studio 1	 Les Mills BODY COMBAT 10:20am Studio 1			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rhythm</p> <p>10:20am Spin Studio</p>	 <p>YOGA</p> <p>18:50pm Studio 1</p>	 <p>STEP</p> <p>11:15am Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>10:20am Studio 2</p>			
 <p>SHAPE</p> <p>10:30am Studio 1</p>	 <p>FITNESS PILATES</p> <p>08:30am Studio 2</p>	 <p>PILATES</p> <p>11:15am Studio 2</p>	 <p>PURE STRETCH</p> <p>11:15am Studio 1</p>			
 <p>HIIT</p> <p>11:05am Gym Floor</p>	 <p>HIIT Circuits</p> <p>08:45am Studio 1</p>	 <p>MOVE</p> <p>12:35pm Studio 1</p>	 <p>SHAPE</p> <p>11:15am Studio 2</p>			
 <p>STEP</p> <p>11:20am Studio 1</p>	 <p>FITNESS PILATES</p> <p>09:20am Studio 2</p>	 <p>YOGA</p> <p>12:35pm Studio 2</p>	 <p>ZUMBA</p> <p>13:00pm Studio 1</p>			
 <p>YOGA</p> <p>11:30am Studio 2</p>	 <p>RIDE Rhythm</p> <p>09:30am Spin Studio</p>	 <p>PILATES</p> <p>13:30pm Studio 1</p>	 <p>AQUA</p> <p>14:00pm Pool</p>			
 <p>YOGA</p> <p>12:35pm Studio 2</p>	 <p>BOX</p> <p>09:30am Studio 1</p>	 <p>TAI CHI</p> <p>13:30pm Studio 2</p>	 <p>WELLNESS</p> <p>14:00pm Studio 2</p>			
 <p>PILATES</p> <p>13:15pm Studio 1</p>	 <p>AQUA</p> <p>10:15am Pool</p>	 <p>AQUA</p> <p>14:30pm Pool</p>	 <p>Les Mills BODY PUMP</p> <p>18:00pm Studio 1</p>			
 <p>SHAPE</p> <p>14:00pm Studio 1</p>	 <p>RIDE Race</p> <p>10:20am Spin Studio</p>	 <p>RIDE Race</p> <p>17:45pm Spin Studio</p>	 <p>YOGA</p> <p>18:00pm Studio 2</p>			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>AQUA 15:00pm Pool</p>	 <p>Les Mills BODY BALANCE 10:20am Studio 2</p>	 <p>Les Mills BODY BALANCE 18:00pm Studio 2</p>	 <p>HYBR1D 18:30pm Gym Floor</p>			
 <p>BLAST 18:00pm Studio 1</p>	 <p>STRENGTH 10:30am Gym Floor</p>	 <p>Les Mills BODY PUMP 18:15pm Studio 1</p>	 <p>Les Mills BODY COMBAT 18:50pm Studio 1</p>			
 <p>Les Mills BODY BALANCE 18:00pm Studio 2</p>	 <p>Les Mills BODY PUMP 10:30am Studio 1</p>	 <p>CORE 19:05pm Studio 1</p>	 <p>RIDE Race 19:00pm Spin Studio</p>			
 <p>SHAPE 18:50pm Studio 1</p>	 <p>MINDFULNESS & MEDITATION 11:20am Studio 2</p>					
 <p>YOGA 18:50pm Studio 2</p>	 <p>SHAPE 11:25am Studio 1</p>					
	 <p>ZUMBA 12:35pm Studio 1</p>					
	 <p>YOGA 12:35pm Studio 2</p>					
	 <p>PILATES 13:30pm Studio 1</p>					

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**PURE
STRETCH**

14:20pm
Studio 1



RIDE Rhythm

16:45pm
Spin Studio



RIDE Race

17:35pm
Spin Studio



SHAPE

18:00pm
Studio 1



HYBR1D

18:15pm
Gym Floor



YOGA

18:50pm
Studio 1

Valid from 20/01/2025 to 24/01/2025.