













































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Race 06:45am Spin Studio	 FITNESS PILATES 08:30am Studio 2	 SHAPE 08:45am Studio 1	 PILATES 09:25am Studio 2	 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	 HIIT 08:45am Studio 1	 YOGA 09:00am Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 PILATES 09:20am Studio 2	 RIDE Race 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	 RIDE Rhythm 09:30am Spin Studio	 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	 BOX 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 AQUA 10:15am Pool	 RIDE Rhythm 09:30am Spin Studio	 RIDE Rhythm 10:05am Spin Studio	 YOGA 10:00am Studio 2
 RIDE Rhythm 09:30am Spin Studio	 RIDE Race 09:30am Spin Studio	 AQUA 10:00am Pool	 Les Mills BODY COMBAT 10:20am Studio 1	 DANCE 10:15am Studio 1		
 BLAST 09:30am Studio 1	 AQUA 10:15am Pool	 RIDE Race 10:20am Spin Studio	 Les Mills BODY BALANCE 10:20am Studio 2	 RIDE Race 10:20am Spin Studio		
 AQUA 09:30am Pool	 RIDE Rhythm 10:20am Spin Studio	 Les Mills BODY BALANCE 10:20am Studio 2	 RIDE Rush 10:25am Spin Studio	 HIIT 11:00am Gym Floor		
 Les Mills BODY BALANCE 10:20am Studio 2	 STRENGTH 10:30am Gym Floor	 BOX 10:20am Studio 1	 SHAPE 11:15am Studio 2	 PURE STRETCH 11:15am Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rush 10:20am Spin Studio	 Les Mills BODY PUMP 10:30am Studio 1	 PILATES 11:15am Studio 2	 ZUMBA 13:00pm Studio 1	 CORE 11:30am Studio 2		
 SHAPE 10:30am Studio 1	 SHAPE 11:25am Studio 1	 STEP 11:15am Studio 1	 FITNESS PILATES 13:50pm Studio 1	 MOVE 12:35pm Studio 1		
 HIIT 11:10am Gym Floor	 HIIT 11:30am Gym Floor	 YOGA 12:35pm Studio 2	 AQUA 14:00pm Pool	 AQUA 12:35pm Pool		
 STEP 11:20am Studio 1	 ZUMBA 12:35pm Studio 1	 MOVE 12:35pm Studio 1	 Les Mills BODY PUMP 18:00pm Studio 1	 Les Mills BODY BALANCE 12:35pm Studio 2		
 YOGA 11:30am Studio 2	 YOGA 12:35pm Studio 2	 RIDE Rhythm 12:35pm Spin Studio	 YOGA 18:00pm Studio 2	 PILATES 13:30pm Studio 1		
 YOGA 12:35pm Studio 2	 PILATES 13:30pm Studio 1	 PILATES 13:30pm Studio 1	 HYBRID 18:30pm Gym Floor	 WELLNESS 13:30pm Studio 2		
 PILATES 13:15pm Studio 1	 PURE STRETCH 14:20pm Studio 1	 PURE STRETCH 13:30pm Studio 2	 Les Mills BODY COMBAT 18:30pm Studio 1	 DANCE 18:00pm Studio 1		
 SHAPE 14:00pm Studio 1	 RIDE Rhythm 16:45pm Spin Studio	 AQUA 14:30pm Pool	 RIDE Race 19:00pm Spin Studio	 YOGA 18:50pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 AQUA 15:00pm Pool	 RIDE Race 17:35pm Spin Studio	 RIDE Race 17:45pm Spin Studio	 YOGA 08:30am Studio 2			
 Les Mills BODY BALANCE 18:00pm Studio 2	 SHAPE 18:00pm Studio 1	 Les Mills BODY BALANCE 18:00pm Studio 2	 PILATES 09:25am Studio 2			
 BLAST 18:00pm Studio 1	 HYBR1D 18:15pm Gym Floor	 Les Mills BODY PUMP 18:15pm Studio 1	 Les Mills BODY PUMP 09:30am Studio 1			
 SHAPE 18:55pm Studio 1	 YOGA 18:50pm Studio 1	 YOGA 18:50pm Studio 2	 RIDE Rhythm 09:30am Spin Studio			
 YOGA 18:55pm Studio 2		 SHAPE 19:05pm Studio 1	 AQUA 10:15am Pool			
			 Les Mills BODY COMBAT 10:20am Studio 1			
			 Les Mills BODY BALANCE 10:20am Studio 2			
			 RIDE Rush 10:25am Spin Studio			

GROUP CLASSES TIMETABLE

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



HYBRID

18:30pm
Gym Floor

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**Les Mills
BODY
COMBAT**
18:30pm
Studio 1



RIDE Race
19:00pm
Spin Studio

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