















































































































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	 YOGA 08:30am Studio 2	 PILATES 09:20am 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	 PILATES 09:25am Studio 2	 Les Mills BODY PUMP 09:25am Studio 1	 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	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 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	 RIDE Rhythm 09:30am Spin Studio	 DANCE 10:15am Studio 1	 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	 AQUA 10:15am Pool	 RIDE Race 10:20am Spin Studio		
 BLAST 09:30am Studio 1	 AQUA 10:15am Pool	 RIDE Race 10:20am Spin Studio	 Les Mills BODY COMBAT 10:20am Studio 1	 HIIT 11:00am Gym Floor		
 AQUA 09:30am Pool	 RIDE Rhythm 10:20am Spin Studio	 Les Mills BODY BALANCE 10:20am Studio 2	 Les Mills BODY BALANCE 10:20am Studio 2	 PURE STRETCH 11:15am Studio 1		
 Les Mills BODY BALANCE 10:20am Studio 2	 Les Mills BODY PUMP 10:30am Studio 1	 BOX 10:20am Studio 1	 RIDE Rush 10:25am Spin Studio	 CORE 11:30am Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rush</p> <p>10:20am Spin Studio</p>	 <p>SHAPE</p> <p>11:25am Studio 1</p>	 <p>PILATES</p> <p>11:15am Studio 2</p>	 <p>PURE STRETCH</p> <p>11:15am Studio 1</p>	 <p>MOVE</p> <p>12:35pm Studio 1</p>		
 <p>SHAPE</p> <p>10:30am Studio 1</p>	 <p>ZUMBA</p> <p>12:35pm Studio 1</p>	 <p>STEP</p> <p>11:15am Studio 1</p>	 <p>SHAPE</p> <p>11:15am Studio 2</p>	 <p>AQUA</p> <p>12:35pm Pool</p>		
 <p>HIIT</p> <p>11:10am Gym Floor</p>	 <p>YOGA</p> <p>12:35pm Studio 2</p>	 <p>YOGA</p> <p>12:35pm Studio 2</p>	 <p>ZUMBA</p> <p>13:00pm Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>12:35pm Studio 2</p>		
 <p>STEP</p> <p>11:20am Studio 1</p>	 <p>PILATES</p> <p>13:30pm Studio 1</p>	 <p>MOVE</p> <p>12:35pm Studio 1</p>	 <p>FITNESS PILATES</p> <p>13:50pm Studio 1</p>	 <p>PILATES</p> <p>13:30pm Studio 1</p>		
 <p>YOGA</p> <p>11:30am Studio 2</p>	 <p>PURE STRETCH</p> <p>14:20pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>12:35pm Spin Studio</p>	 <p>AQUA</p> <p>14:00pm Pool</p>	 <p>WELLNESS</p> <p>13:30pm Studio 2</p>		
 <p>YOGA</p> <p>12:35pm Studio 2</p>	 <p>RIDE Rhythm</p> <p>16:45pm Spin Studio</p>	 <p>PILATES</p> <p>13:30pm Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>18:00pm Studio 1</p>	 <p>YOGA</p> <p>08:30am Studio 2</p>		
 <p>PILATES</p> <p>13:15pm Studio 1</p>	 <p>RIDE Race</p> <p>17:35pm Spin Studio</p>	 <p>PURE STRETCH</p> <p>13:30pm Studio 2</p>	 <p>YOGA</p> <p>18:00pm Studio 2</p>	 <p>PILATES</p> <p>09:20am Studio 2</p>		
 <p>SHAPE</p> <p>14:00pm Studio 1</p>	 <p>SHAPE</p> <p>18:00pm Studio 1</p>	 <p>AQUA</p> <p>14:30pm Pool</p>	 <p>HYBRID</p> <p>18:30pm Gym Floor</p>	 <p>Les Mills BODY PUMP</p> <p>09:25am Studio 1</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 AQUA 15:00pm Pool	 HYBR1D 18:15pm Gym Floor	 RIDE Race 17:45pm Spin Studio	 Les Mills BODY COMBAT 18:50pm Studio 1	 RIDE Rhythm 09:30am Spin Studio		
 Les Mills BODY BALANCE 18:00pm Studio 2	 YOGA 18:50pm Studio 1	 Les Mills BODY BALANCE 18:00pm Studio 2	 RIDE Race 19:00pm Spin Studio	 DANCE 10:15am Studio 1		
 BLAST 18:00pm Studio 1		 Les Mills BODY PUMP 18:15pm Studio 1		 RIDE Race 10:20am Spin Studio		
 SHAPE 18:55pm Studio 1		 YOGA 18:50pm Studio 2		 HIIT 11:00am Gym Floor		
 YOGA 18:55pm Studio 2		 SHAPE 19:05pm Studio 1		 PURE STRETCH 11:15am Studio 1		
				 CORE 11:30am Studio 2		
				 MOVE 12:35pm Studio 1		
				 AQUA 12:35pm Pool		

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**Les Mills
BODY
BALANCE**
12:30pm
Studio 2



PILATES
13:30pm
Studio 1



WELLNESS
13:30pm
Studio 2



DANCE
18:00pm
Studio 1



YOGA
18:50pm
Studio 1

Valid from 16/12/2024 to 20/12/2024.