MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Strength 06:30am

Studio 1



PILATES

12:30pm Studio 2



HIIT Circuits

06:30am Gym Floor



HIIT Circuits

06:30am Gym Floor



HIIT Circuits

06:30am Gym Floor



HIIT Circuits

08:00am Gym Floor



HIIT Circuits

08:00am Gym Floor



RIDE Race

07:05am Spin Studio



ZUMBA GOLD

13:15pm Studio 1



RIDE Race

06:45am Spin Studio



HIIT Circuits

07:30am Gym Floor



RIDE Rhythm

06:45am Spin Studio



Les Mills **BODY** OJ:30SK

Studio 1



PILATES

08:30am Studio 2



HIIT Circuits

07:35am Gym functional area



VINYASA YOGA

13:30pm Studio 2



HIIT Circuits

07:30am Gym Floor



STRENGTH reps

07:45am Studio 1



HIIT Circuits

07:30am Gym Floor



RIDE Rhythm

09:10am Spin Studio



Les Mills **BODY** 69MBAT

Studio 1



STRENGTH

08:30am Studio 1



HIIT Circuits

14:00pm Gym Floor



Les Mills **BODY** 68.MBAT

Studio 1



PILATES

08:30am Studio 2



Les Mills **BODY PUMP**

08:10am Studio 1



Les Mills **BODY PUMP**

09:30am Studio 1



Les Mills **BODY PUMP**

09:40am Studio 1



TAI CHI

08:45am Studio 2



YIN YOGA

14:30pm Studio 2



Les Mills **BODY PUMP**

09:15am Studio 1



CORE

08:45am Studio 1



RIDE Race

09:15am Spin Studio



CORE

09:30am Studio 2



HIIT Circuits

10:15am Gym Floor



RIDE Race

09:30am Spin Studio



PILATES

17:15pm Studio 2



BARRE

09:30am Studio 2



RIDE Race

09:20am Spin Studio



Les Mills

BODY 69.MBAT Studio 1



HIIT Circuits

10:00am Gym Floor



ZUMBA

10:30am Studio 1



STRENGTH functional 09:30am

Studio 1



SHAPE

17:30pm Studio 1



HIIT Circuits

10:00am Gym Floor



Les Mills **BODY PUMP** 09:30am

Studio 1

YIN YOGA

09:30am Studio 2



TAI CHI

10:30am Studio 2



YOGA

10:30am Studio 2



09:40am

Studio 2



BODY BALANCE Studio 2



RIDE Race

10:05am Spin Studio



TAI CHI

09:30am Studio 2



HYBR1D

10:00am Gym Floor



Les Mills **BODY GOMBAT** Studio 1



RIDE Rhythm

10:40am Spin Studio

MONDAY

HIIT Circuits

10:15am Gym functional area



RIDE Rhythm

TUESDAY

18:15pm Spin Studio



WEDNESDAY

PILATES

10:15am Studio 1



THURSDAY

HIIT Circuits

09:45am Gym Floor



FRIDAY

Les Mills BODY PUMP

10:30am Studio 1



SATURDAY

FITSTEPS

11:30am Studio 1



SUNDAY

Les Mills BODY BALANCE

Studio 2



TAI CHI

10:20am Studio 2



Les Mills BODY PUMP

18:25pm Studio 1



ZUMBA

11:15am Studio 1



SHAPE

10:30am Studio 1



DANCE

11:30am Studio 1



HATHA YOGA

11:30am Studio 2



YIN YOGA

16:00pm Studio 2



ZUMBA

11:10am Studio 1



HIIT Circuits

18:30pm Gym Floor



FUNCTIONAL CIRCUITS

12:05pm Gym Floor



PILATES

10:30am Studio 2



PILATES

11:30am Studio 2



RESTORATIVE YOGA

15:00pm Studio 2



YIN YOGA

17:00pm Studio 2



PILATES

12:05pm Studio 2



MINDFULNESS & MEDITATION

Studio 2



SHAPE

12:30pm Studio 1



DANCE

11:30am Studio 1



CORE

12:30pm Studio 2



RESTORATIVE YOGA

16:00pm Studio 2



AQUA

13:00pm



THAI BOXING

19:15pm Studio 1



HATHA YOGA

12:30pm Studio 2



Les Mills

BODY BALANCE

Studio 2



ZUMBA

12:30pm Studio 1



HIIT Circuits

17:00pm Gym Floor



ZUMBA

GOLD 13:15pm Studio 1



RIDE Race

06:30am Spin Studio

HYBR1D

07:00am

Gym Floor

09:00am

Studio 2



STRETCH

14:30pm Studio 1



BARRE

12:30pm Studio 2



FITNESS PILATES

13:30pm Studio 1



HIIT Circuits

14:00pm Gym Floor



CORE

15:35pm Studio 2



STRETCH

13:30pm Studio 2



AQUA

ZUMBA 13:45pm Poolside



PILATES

14:15pm Studio 2





STRENGTH

18:00pm Studio 1



RESTORATIVE YOGA

18:00pm Studio 2



HIIT Circuits

14:00pm Gym Floor

THURSDAY

RIDE Rhythm

18:15pm

Spin Studio

HYBR1D

18:30pm

Gym Floor

PILATES

19:00pm

Studio 1

RESTORATIVE

YOGA

20:00pm

Studio 2

FRIDAY

PILATES

17:00pm

Studio 2

Les Mills

BODY PUMP 18:00pm

Studio 1

HIIT Circuits

18:30pm

Gym Floor

Les Mills

BODY

BALANCE

Studio 2

SATURDAY

SUNDAY

WEDNESDAY MONDAY TUESDAY HYBR1D Les Mills **VINYASA BODY PUMP YOGA** 17:45pm 09:30am 18:00pm Studio 2 Gym Floor Studio 1 **HATHA YOGA YOGALATES RIDE Rush** 09:50am 18:00pm 18:30pm Studio 2 Studio 2 Spin Studio Les Mills **HIIT Circuits HYBR1D BODY GRMBAT** 10:00am 18:30pm Studio 1 Gym Floor Gym Floor Les Mills **HYBR1D PILATES BODY GOMBAT** 18:30pm 19:00pm Gym Floor Studio 1 Studio 2 **RIDE Rhythm DANCE ZUMBA** 18:30pm 11:30am 19:05pm

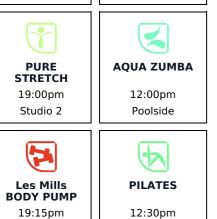


Studio 1



Studio 1

Studio 1



Studio 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

20:00pm Studio 2



ZUMBA GOLD

13:15pm Studio 1



VINYASA YOGA

13:30pm Studio 2



HIIT Circuits

14:00pm Gym Floor



YIN YOGA

14:30pm Studio 2



PILATES

17:15pm Studio 2



SHAPE

17:30pm Studio 1



Les Mills BODY BALANCE

Studio 2



RIDE Rhythm

18:15pm Spin Studio

WEDNESDAY **THURSDAY MONDAY TUESDAY FRIDAY SATURDAY SUNDAY**



Les Mills BODY PUMP

18:25pm Studio 1



HIIT Circuits

18:30pm Gym Floor



19:15pm Studio 1

Valid from 30/06/2025 to 04/07/2025.