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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HIIT Strength 06:30am Studio 1	 HYBR1D 07:00am Gym Floor	 RIDE Rhythm 06:45am Spin Studio	 HIIT Circuits 06:30am Gym functional area	 HIIT Circuits 17:45pm Gym functional area	 HIIT Circuits 08:00am Gym functional area	 HIIT Circuits 08:00am Gym Floor
 RIDE Race 07:05am Spin Studio	 BOX 08:30am Studio 1	 HIIT Circuits 07:00am Gym Floor	 Les Mills BODY ATTACK 06:45am Studio 1	 Les Mills BODY PUMP 18:00pm Studio 1	 Les Mills BODY ATTACK 08:30am Studio 1	 PILATES 08:30am Studio 2
 HIIT Circuits 07:35am Gym Floor	 PILATES 09:00am Studio 2	 Les Mills BODY COMBAT 08:00am Studio 1	 HIIT Circuits 07:30am Gym functional area	 RIDE Rhythm 18:00pm Spin Studio	 RIDE Rhythm 09:00am Spin Studio	 Les Mills BODY COMBAT 09:00am Studio 1
 STRENGTH 08:30am Studio 1	 RIDE Rhythm 09:15am Spin Studio	 Les Mills BODY PUMP 09:15am Studio 1	 PILATES 08:30am Studio 2	 Les Mills BODY BALANCE 18:30pm Studio 2	 STRENGTH 09:30am Studio 1	 Les Mills BODY PUMP 09:40am Studio 1
 TAI CHI 08:45am Studio 2	 POWER YOGA 09:50am Studio 2	 BARRE 09:30am Studio 2	 CORE 08:45am Studio 1	 HIIT Circuits 19:00pm Gym functional area	 CORE 09:30am Studio 2	 HIIT Circuits 10:15am Gym Floor
 Les Mills BODY ATTACK 09:25am Studio 1	 HIIT Circuits 10:00am Gym functional area	 HIIT Circuits 10:00am Gym functional area	 RIDE Rush 09:20am Spin Studio	 HIIT Circuits 06:30am Gym Floor	 HIIT Circuits 10:00am Gym functional area	 ZUMBA 10:30am Studio 1
 RIDE Race 09:30am Spin Studio	 Les Mills BODY PUMP 10:30am Studio 1	 RIDE Race 10:05am Spin Studio	 Les Mills BODY PUMP 09:30am Studio 1	 HIIT Circuits 07:30am Gym Floor	 TAI CHI 10:30am Studio 2	 RIDE Rhythm 10:40am Spin Studio
 CORE 09:40am Studio 2	 HATHA YOGA 11:20am Studio 2	 PILATES 10:15am Studio 1	 TAI CHI 09:30am Studio 2	 Les Mills BODY PUMP 08:10am Studio 1	 Les Mills BODY COMBAT 10:30am Studio 1	 Les Mills BODY BALANCE 11:30am Studio 2

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>HIIT Circuits</p> <p>10:15am Gym functional area</p>	 <p>Les Mills BODY COMBAT</p> <p>11:30am Studio 1</p>	 <p>VINYASA YOGA</p> <p>10:30am Studio 2</p>	 <p>HIIT Circuits</p> <p>09:45am Gym functional area</p>	 <p>RIDE Rhythm</p> <p>09:15am Spin Studio</p>	 <p>FITSTEPS</p> <p>11:30am Studio 1</p>	 <p>YIN YOGA</p> <p>16:00pm Studio 2</p>
 <p>TAI CHI</p> <p>10:20am Studio 2</p>	 <p>GOLF</p> <p>11:30am Driving Range</p>	 <p>ZUMBA</p> <p>11:15am Studio 1</p>	 <p>PILATES</p> <p>10:25am Studio 2</p>	 <p>Les Mills BODY ATTACK</p> <p>09:30am Studio 1</p>	 <p>HATHA YOGA</p> <p>11:30am Studio 2</p>	 <p>YIN YOGA</p> <p>17:00pm Studio 2</p>
 <p>ZUMBA</p> <p>11:10am Studio 1</p>	 <p>AQUA ZUMBA</p> <p>12:00pm Poolside</p>	 <p>FUNCTIONAL CIRCUITS</p> <p>12:05pm Gym Floor</p>	 <p>SHAPE</p> <p>10:30am Studio 1</p>	 <p>YIN YOGA</p> <p>09:30am Studio 2</p>	 <p>RIDE Rhythm</p> <p>14:00pm Spin Studio</p>	
 <p>PILATES</p> <p>12:05pm Studio 2</p>	 <p>PILATES</p> <p>12:30pm Studio 2</p>	 <p>SHAPE</p> <p>12:15pm Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>11:50am Studio 2</p>	 <p>HYBR1D</p> <p>10:00am Gym Floor</p>	 <p>RESTORATIVE YOGA</p> <p>15:00pm Studio 2</p>	
 <p>AQUA</p> <p>13:00pm Poolside</p>	 <p>ZUMBA GOLD</p> <p>13:15pm Studio 1</p>	 <p>HATHA YOGA</p> <p>12:30pm Studio 2</p>	 <p>DANCE</p> <p>11:30am Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>10:30am Studio 1</p>	 <p>HIIT Circuits</p> <p>17:00pm Gym Floor</p>	
 <p>HATHA YOGA</p> <p>13:00pm Studio 2</p>	 <p>FUNCTIONAL CIRCUITS</p> <p>14:00pm Gym Floor</p>	 <p>AQUA</p> <p>13:15pm Poolside</p>	 <p>BARRE</p> <p>12:30pm Studio 2</p>	 <p>STEP</p> <p>11:30am Studio 1</p>		
 <p>ZUMBA GOLD</p> <p>13:15pm Studio 1</p>	 <p>YIN YOGA</p> <p>14:45pm Studio 2</p>	 <p>MOVE</p> <p>13:30pm Studio 1</p>	 <p>STEP</p> <p>12:45pm Studio 1</p>	 <p>PILATES</p> <p>11:30am Studio 2</p>		
 <p>FUNCTIONAL CIRCUITS</p> <p>14:00pm Gym Floor</p>	 <p>PILATES</p> <p>17:15pm Studio 2</p>	 <p>STRETCH</p> <p>14:30pm Studio 1</p>	 <p>STRETCH</p> <p>13:40pm Studio 2</p>	 <p>CORE</p> <p>12:30pm Studio 2</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>PILATES</p> <p>14:15pm Studio 2</p>	 <p>SHAPE</p> <p>17:30pm Studio 1</p>	 <p>CORE</p> <p>15:35pm Studio 2</p>	 <p>Les Mills BODY COMBAT</p> <p>18:00pm Studio 1</p>	 <p>ZUMBA</p> <p>12:30pm Studio 1</p>		
 <p>HATHA YOGA</p> <p>18:00pm Studio 2</p>	 <p>HIIT Circuits</p> <p>17:45pm Gym functional area</p>	 <p>HIIT Circuits</p> <p>17:45pm Gym functional area</p>	 <p>RESTORATIVE YOGA</p> <p>18:00pm Studio 2</p>	 <p>Les Mills BODY BALANCE</p> <p>13:30pm Studio 2</p>		
 <p>Les Mills BODY COMBAT</p> <p>18:15pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>18:15pm Spin Studio</p>	 <p>STRENGTH</p> <p>18:00pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>18:15pm Spin Studio</p>	 <p>AQUA ZUMBA</p> <p>13:45pm Poolside</p>		
 <p>HYBR1D</p> <p>18:30pm Gym Floor</p>	 <p>Les Mills BODY BALANCE</p> <p>18:15pm Studio 2</p>	 <p>VINYASA YOGA</p> <p>18:00pm Studio 2</p>	 <p>HYBR1D</p> <p>18:30pm Gym Floor</p>	 <p>HIIT Circuits</p> <p>14:00pm Gym Floor</p>		
 <p>RIDE Rhythm</p> <p>18:30pm Spin Studio</p>	 <p>Les Mills BODY PUMP</p> <p>18:25pm Studio 1</p>	 <p>Les Mills BODY ATTACK</p> <p>18:30pm Studio 1</p>	 <p>STRENGTH</p> <p>18:50pm Studio 1</p>	 <p>PILATES</p> <p>17:00pm Studio 2</p>		
 <p>GOLF</p> <p>18:30pm Driving Range</p>	 <p>HIIT Circuits</p> <p>19:00pm Gym functional area</p>	 <p>RIDE Race</p> <p>18:30pm Spin Studio</p>	 <p>RESTORATIVE YOGA</p> <p>20:00pm Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>18:00pm Studio 1</p>		
 <p>PURE STRETCH</p> <p>19:00pm Studio 2</p>	 <p>MINDFULNESS & MEDITATION</p> <p>19:15pm Studio 2</p>	 <p>PILATES</p> <p>19:00pm Studio 2</p>		 <p>RIDE Rhythm</p> <p>18:00pm Spin Studio</p>		
 <p>Les Mills BODY PUMP</p> <p>19:15pm Studio 1</p>	 <p>THAI BOXING</p> <p>19:15pm Studio 1</p>	 <p>ZUMBA</p> <p>19:05pm Studio 1</p>		 <p>HIIT Circuits</p> <p>18:30pm Gym Floor</p>		

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

20:00pm
Studio 2



**Les Mills
BODY
BALANCE**

18:30pm
Studio 2

Valid from 07/10/2024 to 11/10/2024.