


















































































































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>RIDE Rhythm</b> 06:45am Spin Studio	 <b>STRENGTH</b> 06:45am Studio 1	 <b>HIIT Circuits</b> 06:45am Studio 1	 <b>BOX</b> 06:45am Studio 1	 <b>Les Mills BODY ATTACK</b> 09:15am Studio 1	 <b>BAG BASS BOX</b> 08:30am Studio 1	 <b>HIIT Circuits</b> 08:30am Studio 1
 <b>PILATES</b> 08:30am Studio 2	 <b>PILATES</b> 08:30am Studio 2	 <b>FITNESS PILATES</b> 08:30am Studio 2	 <b>PILATES</b> 08:30am Studio 2	 <b>RIDE Rhythm</b> 09:30am Spin Studio	 <b>RIDE Race</b> 09:30am Spin Studio	 <b>Les Mills BODY PUMP</b> 09:30am Studio 1
 <b>AQUA</b> 09:00am Pool	 <b>Les Mills BODY COMBAT</b> 09:30am Studio 1	 <b>Les Mills BODY PUMP</b> 08:30am Studio 1	 <b>AQUA</b> 09:15am Pool	 <b>PILATES</b> 09:30am Studio 2	 <b>Les Mills BODY ATTACK</b> 09:30am Studio 1	 <b>RIDE Rhythm</b> 09:30am Spin Studio
 <b>RIDE Rhythm</b> 09:15am Spin Studio	 <b>CORE</b> 09:30am Studio 2	 <b>HIIT Cardio</b> 09:30am Gym Floor	 <b>HIIT Strength</b> 09:30am Gym Floor	 <b>Les Mills BODY PUMP</b> 10:00am Studio 1	 <b>OUTDOOR</b> 09:30am Outside	 <b>Les Mills BODY BALANCE</b> 09:30am Studio 2
 <b>HIIT Strength</b> 09:30am Gym Floor	 <b>RIDE Rhythm</b> 10:00am Spin Studio	 <b>RIDE Rhythm</b> 09:30am Spin Studio	 <b>RIDE Rhythm</b> 09:30am Spin Studio	 <b>HIIT Circuits</b> 10:30am Gym Floor	 <b>FITNESS PILATES</b> 10:00am Studio 2	 <b>Les Mills BODY COMBAT</b> 10:30am Studio 1
 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>SHAPE</b> 10:30am Studio 1	 <b>SHAPE</b> 09:30am Studio 1	 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>BARRE</b> 10:30am Studio 2	 <b>Les Mills BODY PUMP</b> 10:30am Studio 1	 <b>PILATES</b> 10:30am Studio 2
 <b>Les Mills BODY BALANCE</b> 09:30am Studio 2	 <b>PILATES</b> 10:30am Studio 2	 <b>DANCE</b> 10:30am Studio 1	 <b>Les Mills BODY BALANCE</b> 09:30am Studio 2	 <b>SHAPE</b> 11:00am Studio 1	 <b>HATHA YOGA</b> 10:50am Studio 2	 <b>VINYASA YOGA</b> 11:30am Studio 2
 <b>SHAPE</b> 10:25am Studio 1	 <b>AQUA</b> 11:00am Pool	 <b>VINYASA YOGA</b> 10:30am Studio 2	 <b>SHAPE</b> 10:30am Studio 1	 <b>Les Mills BODY BALANCE</b> 11:55am Studio 2	 <b>ZUMBA</b> 11:30am Studio 1	 <b>FITNESS PILATES</b> 16:00pm Studio 2

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>PILATES</b> 10:30am Studio 2	 <b>BARRE</b> 11:40am Studio 2	 <b>AQUA</b> 10:45am Pool	 <b>HATHA YOGA</b> 10:30am Studio 2	 <b>RESTORATIVE YOGA</b> 13:00pm Studio 2	 <b>Les Mills BODY PUMP</b> 17:00pm Studio 1	
 <b>STEP</b> 11:15am Studio 1	 <b>VINYASA YOGA</b> 12:30pm Studio 2	 <b>FITSTEPS</b> 12:30pm Studio 1	 <b>PILATES</b> 11:30am Studio 2	 <b>ZUMBA</b> 17:10pm Studio 1		
 <b>VINYASA YOGA</b> 11:30am Studio 2	 <b>AQUA</b> 12:40pm Pool	 <b>TAI CHI</b> 12:40pm Studio 2	 <b>BAG BASS BOX</b> 11:30am Studio 1	 <b>RIDE Rhythm</b> 18:00pm Spin Studio		
 <b>ZUMBA</b> 13:00pm Studio 1	 <b>SHAPE</b> 13:00pm Studio 1	 <b>AQUA</b> 13:30pm Pool	 <b>AQUA</b> 13:30pm Pool	 <b>Les Mills BODY BALANCE</b> 18:00pm Studio 2		
 <b>PILATES</b> 13:30pm Studio 2	 <b>MINDFULNESS &amp; MEDITATION</b> 14:00pm Studio 2	 <b>PILATES</b> 14:30pm Studio 2	 <b>PILATES</b> 14:00pm Studio 2	 <b>Les Mills BODY PUMP</b> 18:10pm Studio 1		
 <b>Les Mills BODY COMBAT</b> 17:30pm Studio 1	 <b>MOVE</b> 14:00pm Studio 1	 <b>SHAPE</b> 17:45pm Studio 1	 <b>Les Mills BODY PUMP</b> 17:30pm Studio 1	 <b>BLAST</b> 07:00am Studio 1		
 <b>PILATES</b> 18:00pm Studio 2	 <b>Les Mills BODY PUMP</b> 17:30pm Studio 1	 <b>RIDE Race</b> 18:00pm Spin Studio	 <b>BARRE</b> 17:40pm Studio 2	 <b>YOGA</b> 07:00am Studio 2		
 <b>RIDE Rhythm</b> 18:00pm Spin Studio	 <b>RIDE Rhythm</b> 17:30pm Spin Studio	 <b>HATHA YOGA</b> 18:00pm Studio 2	 <b>HYBR1D</b> 18:00pm Gym Floor	 <b>FITNESS PILATES</b> 08:30am Studio 2		

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>SHAPE</b> 18:15pm Studio 1	 <b>PILATES</b> 18:00pm Studio 2	 <b>Les Mills BODY COMBAT</b> 18:30pm Studio 1	 <b>RIDE Race</b> 18:00pm Spin Studio	 <b>AQUA</b> 09:00am Pool		
 <b>HYBR1D</b> 18:30pm Gym Floor	 <b>ZUMBA</b> 18:20pm Studio 1	 <b>Les Mills BODY PUMP</b> 19:20pm Studio 1	 <b>PILATES</b> 18:30pm Studio 2	 <b>Les Mills BODY ATTACK</b> 09:15am Studio 1		
 <b>Les Mills BODY BALANCE</b> 19:00pm Studio 2	 <b>HYBR1D</b> 18:30pm Gym Floor	 <b>FloatFit HIIT</b> 19:30pm Pool	 <b>Les Mills BODY COMBAT</b> 18:30pm Studio 1	 <b>RIDE Rhythm</b> 09:30am Spin Studio		
 <b>Les Mills BODY PUMP</b> 19:10pm Studio 1	 <b>RIDE Race</b> 18:45pm Spin Studio	 <b>FloatFit BALANCE</b> 20:05pm Pool	 <b>FloatFit HIIT</b> 19:30pm Pool	 <b>PILATES</b> 09:30am Studio 2		
 <b>FloatFit HIIT</b> 19:30pm Pool	 <b>AQUA</b> 19:00pm Pool		 <b>BAG BASS BOX</b> 19:30pm Studio 1	 <b>Les Mills BODY PUMP</b> 10:00am Studio 1		
 <b>FloatFit BALANCE</b> 20:05pm Pool	 <b>Les Mills BODY ATTACK</b> 19:15pm Studio 1		 <b>YIN YOGA</b> 19:30pm Studio 2	 <b>HIIT Circuits</b> 10:30am Gym Floor		
			 <b>FloatFit BALANCE</b> 20:05pm Pool	 <b>BARRE</b> 10:30am Studio 2		
				 <b>SHAPE</b> 11:00am Studio 1		

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**Les Mills  
BODY  
BALANCE**  
11:55am  
Studio 2



**RESTORATIVE  
YOGA**  
13:00pm  
Studio 2



**ZUMBA**  
17:10pm  
Studio 1



**RIDE Rhythm**  
18:00pm  
Spin Studio



**Les Mills  
BODY  
BALANCE**  
18:00pm  
Studio 2



**Les Mills  
BODY PUMP**  
18:10pm  
Studio 1

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