










































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 06:45am Spin Studio	 STRENGTH 06:45am Studio 1	 HIIT Circuits 06:45am Studio 1	 BOX 06:45am Studio 1	 BLAST 07:00am Studio 1	 Les Mills BODY PUMP 17:00pm Studio 1	 HIIT Circuits 08:30am Studio 1
 PILATES 08:30am Studio 2	 PILATES 08:30am Studio 2	 FITNESS PILATES 08:30am Studio 2	 PILATES 08:30am Studio 2	 YOGA 07:00am Studio 2	 BAG BASS BOX 08:30am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1
 AQUA 09:00am Pool	 Les Mills BODY COMBAT 09:30am Studio 1	 Les Mills BODY PUMP 08:30am Studio 1	 AQUA 09:15am Pool	 FITNESS PILATES 08:30am Studio 2	 RIDE Race 09:30am Spin Studio	 RIDE Rhythm 09:30am Spin Studio
 RIDE Rhythm 09:15am Spin Studio	 CORE 09:30am Studio 2	 HIIT Cardio 09:30am Gym Floor	 HIIT Strength 09:30am Gym Floor	 AQUA 09:00am Pool	 Les Mills BODY ATTACK 09:30am Studio 1	 Les Mills BODY BALANCE 09:30am Studio 2
 HIIT Strength 09:30am Gym Floor	 RIDE Rhythm 10:00am Spin Studio	 RIDE Rhythm 09:30am Spin Studio	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY ATTACK 09:15am Studio 1	 OUTDOOR 09:30am Outside	 Les Mills BODY COMBAT 10:30am Studio 1
 Les Mills BODY PUMP 09:30am Studio 1	 SHAPE 10:30am Studio 1	 SHAPE 09:30am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 FITNESS PILATES 10:00am Studio 2	 PILATES 10:30am Studio 2
 Les Mills BODY BALANCE 09:30am Studio 2	 PILATES 10:30am Studio 2	 DANCE 10:30am Studio 1	 Les Mills BODY BALANCE 09:30am Studio 2	 PILATES 09:30am Studio 2	 Les Mills BODY PUMP 10:30am Studio 1	 VINYASA YOGA 11:30am Studio 2
 SHAPE 10:30am Studio 1	 AQUA 11:00am Pool	 VINYASA FLOW YOGA 10:30am Studio 2	 SHAPE 10:30am Studio 1	 Les Mills BODY PUMP 10:00am Studio 1	 HATHA YOGA 10:50am Studio 2	 FITNESS PILATES 16:00pm Studio 2

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 PILATES 10:30am Studio 2	 BARRE 11:40am Studio 2	 AQUA 10:45am Pool	 HATHA YOGA 10:30am Studio 2	 BARRE 10:30am Studio 2	 ZUMBA 11:30am Studio 1	
 STEP 11:20am Studio 1	 VINYASA YOGA 12:30pm Studio 2	 STRENGTH power 11:45am Studio 1	 PILATES 11:30am Studio 2	 SHAPE 11:00am Studio 1	 Les Mills BODY PUMP 17:00pm Studio 1	
 VINYASA YOGA 11:30am Studio 2	 AQUA 12:40pm Pool	 FITSTEPS 12:30pm Studio 1	 BAG BASS BOX 11:30am Studio 1	 Les Mills BODY BALANCE 12:00pm Studio 2		
 ZUMBA 13:00pm Studio 1	 SHAPE 13:00pm Studio 1	 TAI CHI 12:40pm Studio 2	 STRENGTH functional 13:00pm Studio 1	 STRENGTH reps 12:30pm Studio 1		
 PILATES 13:30pm Studio 2	 MINDFULNESS & MEDITATION 14:00pm Studio 2	 AQUA 13:30pm Pool	 AQUA 13:30pm Pool	 RESTORATIVE YOGA 13:00pm Studio 2		
 Les Mills BODY COMBAT 17:30pm Studio 1	 MOVE 14:00pm Studio 1	 PILATES 14:30pm Studio 2	 PILATES 14:00pm Studio 2	 RESTORATIVE YOGA 14:15pm Studio 2		
 RIDE Rhythm 18:00pm Spin Studio	 Les Mills BODY PUMP 17:30pm Studio 1	 SHAPE 17:45pm Studio 1	 Les Mills BODY PUMP 17:30pm Studio 1	 RIDE Rhythm 18:00pm Spin Studio		
 PILATES 18:00pm Studio 2	 RIDE Rhythm 17:30pm Spin Studio	 RIDE Race 18:00pm Spin Studio	 BARRE 17:40pm Studio 2	 Les Mills BODY BALANCE 18:00pm Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SHAPE 18:15pm Studio 1	 PILATES 18:00pm Studio 2	 HATHA YOGA 18:00pm Studio 2	 HYBR1D 18:00pm Gym Floor	 Les Mills BODY PUMP 18:10pm Studio 1		
 HYBR1D 18:30pm Outside	 DANCE 18:20pm Studio 1	 Les Mills BODY COMBAT 18:30pm Studio 1	 RIDE Race 18:00pm Spin Studio			
 Les Mills BODY BALANCE 19:00pm Studio 2	 HYBR1D 18:30pm Gym Floor	 Les Mills BODY PUMP 19:20pm Studio 1	 Les Mills BODY COMBAT 18:30pm Studio 1			
 Les Mills BODY PUMP 19:10pm Studio 1	 RIDE Race 18:45pm Spin Studio	 FloatFit HIIT 19:30pm Pool	 PILATES 18:30pm Studio 2			
 FloatFit HIIT 19:30pm Pool	 AQUA 19:00pm Pool	 FloatFit BALANCE 20:05pm Pool	 FloatFit HIIT 19:30pm Pool			
 FloatFit BALANCE 20:05pm Pool	 VINYASA YOGA 19:00pm Studio 2		 STRENGTH power 19:30pm Studio 1			
	 Les Mills BODY ATTACK 19:15pm Studio 1		 YIN YOGA 19:30pm Studio 2			
			 FloatFit BALANCE 20:05pm Pool			

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 17/02/2025 to 21/02/2025.