




























































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 06:45am Spin Studio	 STRENGTH 06:45am Studio 1	 FITSTEPS 12:30pm Studio 1	 BOX 06:45am Studio 1	 BLAST 07:00am Studio 1	 BAG BASS BOX 08:30am Studio 1	 HIIT Circuits 08:30am Studio 1
 PILATES 08:30am Studio 2	 PILATES 08:30am Studio 2	 AQUA 13:30pm Pool	 PILATES 08:30am Studio 2	 YOGA 07:00am Studio 2	 RIDE Race 09:30am Spin Studio	 Les Mills BODY PUMP 09:30am Studio 1
 HIIT Strength 09:30am Gym Floor	 Les Mills BODY COMBAT 09:30am Studio 1	 PILATES 14:30pm Studio 2	 AQUA 09:15am Pool	 FITNESS PILATES 08:30am Studio 2	 Les Mills BODY ATTACK 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio
 Les Mills BODY PUMP 09:30am Studio 1	 CORE 09:30am Studio 2	 SHAPE 17:45pm Studio 1	 HIIT Strength 09:30am Gym Floor	 AQUA 09:00am Pool	 OUTDOOR 09:30am Outside	 Les Mills BODY BALANCE 09:30am Studio 2
 RIDE Rhythm 09:30am Spin Studio	 RIDE Rhythm 10:00am Spin Studio	 RIDE Race 18:00pm Spin Studio	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY ATTACK 09:15am Studio 1	 FITNESS PILATES 10:00am Studio 2	 Les Mills BODY COMBAT 10:30am Studio 1
 AQUA 09:30am Pool	 SHAPE 10:30am Studio 1	 HATHA YOGA 18:00pm Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY PUMP 10:30am Studio 1	 PILATES 10:30am Studio 2
 Les Mills BODY BALANCE 09:30am Studio 2	 PILATES 10:30am Studio 2	 Les Mills BODY COMBAT 18:30pm Studio 1	 Les Mills BODY BALANCE 09:30am Studio 2	 PILATES 09:30am Studio 2	 HATHA YOGA 10:50am Studio 2	 VINYASA YOGA 11:30am Studio 2
 SHAPE 10:30am Studio 1	 AQUA 11:00am Pool	 Les Mills BODY PUMP 19:20pm Studio 1	 SHAPE 10:30am Studio 1	 Les Mills BODY PUMP 10:00am Studio 1	 ZUMBA 11:30am Studio 1	 FITNESS PILATES 16:00pm Studio 2

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>PILATES</p> <p>10:30am Studio 2</p>	 <p>BARRE</p> <p>11:40am Studio 2</p>	 <p>FloatFit HIIT</p> <p>19:30pm Pool</p>	 <p>HATHA YOGA</p> <p>10:30am Studio 2</p>	 <p>BARRE</p> <p>10:30am Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>17:00pm Studio 1</p>	
 <p>STEP</p> <p>11:20am Studio 1</p>	 <p>VINYASA YOGA</p> <p>12:30pm Studio 2</p>	 <p>FloatFit BALANCE</p> <p>20:05pm Pool</p>	 <p>PILATES</p> <p>11:30am Studio 2</p>	 <p>SHAPE</p> <p>11:00am Studio 1</p>		
 <p>VINYASA YOGA</p> <p>11:30am Studio 2</p>	 <p>AQUA</p> <p>12:40pm Pool</p>	 <p>HIIT Circuits</p> <p>06:45am Studio 1</p>	 <p>BAG BASS BOX</p> <p>11:30am Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>12:00pm Studio 2</p>		
 <p>ZUMBA</p> <p>13:00pm Studio 1</p>	 <p>SHAPE</p> <p>13:00pm Studio 1</p>	 <p>FITNESS PILATES</p> <p>08:30am Studio 2</p>	 <p>STRENGTH functional</p> <p>13:00pm Studio 1</p>	 <p>STRENGTH reps</p> <p>12:30pm Studio 1</p>		
 <p>PILATES</p> <p>13:30pm Studio 2</p>	 <p>MINDFULNESS & MEDITATION</p> <p>14:00pm Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>08:30am Studio 1</p>	 <p>AQUA</p> <p>13:30pm Pool</p>	 <p>RESTORATIVE YOGA</p> <p>13:00pm Studio 2</p>		
 <p>Les Mills BODY COMBAT</p> <p>17:30pm Studio 1</p>	 <p>MOVE</p> <p>14:00pm Studio 1</p>	 <p>HIIT Cardio</p> <p>09:30am Gym Floor</p>	 <p>PILATES</p> <p>14:00pm Studio 2</p>	 <p>RIDE Rhythm</p> <p>18:00pm Spin Studio</p>		
 <p>RIDE Rhythm</p> <p>18:00pm Spin Studio</p>	 <p>Les Mills BODY PUMP</p> <p>17:30pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>09:30am Spin Studio</p>	 <p>Les Mills BODY PUMP</p> <p>17:30pm Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>18:00pm Studio 2</p>		
 <p>PILATES</p> <p>18:00pm Studio 2</p>	 <p>RIDE Rhythm</p> <p>17:30pm Spin Studio</p>	 <p>SHAPE</p> <p>09:30am Studio 1</p>	 <p>BARRE</p> <p>17:40pm Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>18:10pm Studio 1</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SHAPE 18:15pm Studio 1	 PILATES 18:00pm Studio 2	 DANCE 10:30am Studio 1	 HYBRID 18:00pm Gym Floor			
 HYBRID 18:30pm Outside	 DANCE 18:20pm Studio 1	 VINYASA FLOW YOGA 10:30am Studio 2	 RIDE Race 18:00pm Spin Studio			
 Les Mills BODY BALANCE 19:00pm Studio 2	 HYBRID 18:30pm Gym Floor	 AQUA 10:45am Pool	 Les Mills BODY COMBAT 18:30pm Studio 1			
 Les Mills BODY PUMP 19:10pm Studio 1	 RIDE Race 18:45pm Spin Studio	 STRENGTH power 11:45am Studio 1	 PILATES 18:30pm Studio 2			
	 AQUA 19:00pm Pool	 FITSTEPS 12:30pm Studio 1	 FloatFit HIIT 19:30pm Pool			
	 VINYASA YOGA 19:00pm Studio 2	 AQUA 13:30pm Pool	 STRENGTH power 19:30pm Studio 1			
	 Les Mills BODY ATTACK 19:15pm Studio 1	 PILATES 14:30pm Studio 2	 YIN YOGA 19:30pm Studio 2			
		 SHAPE 17:45pm Studio 1	 FloatFit BALANCE 20:05pm Pool			

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Race

18:00pm
Spin Studio



HATHA YOGA

18:00pm
Studio 2



**Les Mills
BODY
COMBAT**

18:30pm
Studio 1



**Les Mills
BODY PUMP**

19:20pm
Studio 1



FloatFit HIIT

19:30pm
Pool



**FloatFit
BALANCE**

20:05pm
Pool

Valid from 24/03/2025 to 28/03/2025.