## **GROUP CLASSES TIMETABLE**

MONDAY

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

**SATURDAY** 

**SUNDAY** 



**PILATES** 

08:30am Studio 2

**STRENGTH** 

06:45am Studio 1



**HIIT Circuits** 

06:45am Studio 1



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06:45am Studio 1



**RIDE Rhythm** 

18:00pm Spin Studio



BAG BASS BOX

08:30am Studio 1



Les Mills BODY PUMP

> 09:30am Studio 1



HIIT Strength 09:30am

Gym Floor



**PILATES** 

08:30am Studio 2



FITNESS PILATES

08:30am Studio 2



**PILATES** 

08:30am Studio 2



Les Mills BODY BALANCE

Studio 2



**RIDE Race** 

09:30am Spin Studio



**RIDE Rhythm** 

09:30am Spin Studio



**RIDE Rhythm** 

09:30am Spin Studio



Les Mills BODY 69 MBAT

Studio 1



Les Mills BODY PUMP

08:30am Studio 1



AQUA

08:30am Pool



Les Mills BODY PUMP

18:10pm Studio 1



BODY OF:30GK Studio 1 Les Mills BODY BALANCE

Studio 2



Les Mills BODY BALANCE

Studio 2



CORE

09:30am Studio 2



**HIIT Cardio** 

09:30am Gym Floor



HIIT Strength

09:30am Gym Floor



**BLAST** 

07:00am Studio 1



FITNESS PILATES

10:00am Studio 2



Les Mills BODY COMBAT

Studio 1



SHAPE

10:30am Studio 1



RIDE Rhythm

10:00am Spin Studio



**RIDE Rhythm** 

09:30am Spin Studio



**RIDE Rhythm** 

09:30am Spin Studio



YOGA

07:00am Studio 2



Les Mills BODY PUMP

10:30am Studio 1



VINYASA YOGA

11:30am Studio 2



STEP

11:20am Studio 1



SHAPE

10:30am Studio 1



SHAPE

09:30am Studio 1



Les Mills

BODY PUMP 09:30am Studio 1



FITNESS PILATES

08:30am Studio 2



HATHA YOGA

10:50am Studio 2



16:00pm

Studio 2

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VINYASA YOGA

11:30am

Studio 2



PILATES

10:30am Studio 2



DANCE

10:30am Studio 1



Les Mills BODY BALANCE

Studio 2



AQUA

09:00am Pool



ZUMBA

11:30am Studio 1



Les Mills BODY COMBAT Studio 1



AQUA

11:00am Pool



VINYASA FLOW YOGA

> 10:30am Studio 2



SHAPE

10:30am Studio 1



Les Mills BODY 09:15am Studio 1



Les Mills BODY PUMP

17:00pm Studio 1

## **GROUP CLASSES TIMETABLE**

**SUNDAY** 

**SATURDAY** 

**WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SHAPE BARRE AQUA HATHA YOGA RIDE Rhythm** 18:15pm 11:40am 10:45am 10:30am 09:30am Studio 1 Studio 2 Pool Studio 2 Spin Studio VINYASA **STRENGTH HYBR1D PILATES PILATES YOGA** power 12:30pm 11:45am 09:30am 18:30pm 11:30am Outside Studio 2 Studio 1 Studio 2 Studio 2 Les Mills **AQUA FITSTEPS BAG BASS** Les Mills **BODY PUMP BOX BODY PUMP** 19:10pm 12:40pm 12:30pm 11:30am 10:00am Studio 1 Studio 1 Studio 1 Studio 1 Pool **SHAPE STRENGTH BARRE** TAI CHI functional 13:00pm 12:40pm 13:00pm 10:30am Studio 1 Studio 2 Studio 1 Studio 2 **MINDFULNESS AQUA AQUA SHAPE** MEDITATION 13:30pm 11:00am 13:40pm Studio 2 Pool Pool Studio 1 **MOVE PILATES PILATES** Les Mills **BODY** BALANCE 14:00pm 14:30pm 14:00pm Studio 1 Studio 2 Studio 2 Studio 2 Les Mills **SHAPE** Les Mills **STRENGTH BODY PUMP BODY PUMP** reps 17:30pm 17:45pm 17:30pm 12:30pm Studio 1 Studio 1 Studio 1 Studio 1 

**RIDE Race** 

18:00pm

Spin Studio

**BARRE** 

17:40pm

Studio 2

RESTORATIVE YOGA

13:00pm

Studio 2

**RIDE Rhythm** 

17:30pm

Spin Studio

## **GROUP CLASSES TIMETABLE**

**SATURDAY** 

**SUNDAY** 

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY RIDE Rhythm PILATES HATHA YOGA HYBR1D** 18:00pm 18:00pm 18:00pm 18:00pm Studio 2 Studio 2 Gym Floor Spin Studio **HYBR1D** Les Mills **RIDE Race** Les Mills **BODY BODY GRIMBAT** BALANCE 18:30pm 18:00pm Gym Floor Studio 1 Spin Studio Studio 2 Les Mills Les Mills **RIDE Race** Les Mills **BODY PUMP BODY BODY PUMP GRIMBAT** 18:45pm 19:20pm 18:10pm Spin Studio Studio 1 Studio 1 Studio 1 **AQUA PILATES** 19:00pm 18:30pm Pool Studio 2 **VINYASA STRENGTH YOGA** power 19:00pm 19:30pm Studio 2 Studio 1 Les Mills **YIN YOGA BODY ATTACK** 19:15pm 19:30pm Studio 1 Studio 2

Valid from 14/04/2025 to 18/04/2025.