














































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 09:15am Studio 2	 Les Mills BODY PUMP 09:15am Studio 1	 Les Mills DANCE 09:30am Studio 1	 STRENGTH 17:30pm Studio 1	 PILATES 07:30am Studio 1	 PILATES 07:40am Studio 1	 Les Mills BODY COMBAT 10:00am Studio 1
 PILATES 09:30am Studio 3	 PILATES 09:15am Studio 3	 PILATES 12:15pm Studio 1	 RIDE Rush 18:20pm Studio 2	 Les Mills BODY PUMP 09:00am Studio 1	 STRENGTH power 09:15am Studio 1	 DYNAMIC YOGA 10:00am Studio 3
 Les Mills BODY PUMP 09:30am Studio 1	 ZUMBA 10:10am Studio 1		 PILATES 19:30pm Studio 1	 Les Mills BODY PUMP 09:45am Studio 1	 IYENGAR YOGA 10:15am Studio 1	 PILATES 11:00am Studio 1
 Les Mills BODY BALANCE 10:30am Studio 1	 FloatFit HIIT 10:30am Poolside			 SHAPE 10:30am Studio 1		
 PILATES 11:30am Studio 1	 GOLF YOGA 10:30am Studio 3			 Les Mills BODY BALANCE 10:30am Studio 3		
 PILATES 12:30pm Studio 1	 SHAPE 11:00am Studio 1			 PILATES 11:30am Studio 1		
 AQUA 12:45pm Poolside	 FloatFit BALANCE 11:10am Poolside			 PILATES 12:30pm Studio 1		
 IYENGAR YOGA 13:30pm Studio 3	 CORE 17:30pm Studio 1			 AQUA 12:45pm Poolside		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> RIDE Rhythm 17:35pm Studio 2</div>	<div> RIDE Rhythm 17:45pm Studio 2</div>			<div> VINYASA YOGA 13:30pm Studio 3</div>		
<div> DYNAMIC YOGA 18:20pm Studio 3</div>	<div> RIDE Race 18:35pm Studio 2</div>			<div> Les Mills BODY PUMP 17:30pm Studio 1</div>		
<div> HYBR1D 18:30pm Gym Floor</div>				<div> PILATES 18:30pm Studio 1</div>		
<div> Les Mills BODY PUMP 18:30pm Studio 1</div>						
<div> YIN YOGA 19:30pm Studio 1</div>						

Valid from 15/12/2025 to 19/12/2025.