GROUP CLASSES TIMETABLE

MONDAY

RIDE Rhythm

09:15am Studio 2



TUESDAY

HATHA YOGA

07:30am Studio 1



WEDNESDAY

PILATES

07:30am Studio 1



THURSDAY

SHAPE

09:15am Studio 1



FRIDAY

STRENGTH power

17:30pm Studio 1



SATURDAY

PILATES

08:00am Studio 1



SUNDAY

Les Mills **BODY PUMP**

09:45am Studio 1



PILATES

09:30am Studio 3



Les Mills **BODY PUMP**

09:15am Studio 1



RIDE Rhythm

09:30am Studio 2



VINYASA **YOGA**

09:30am Studio 3



PILATES

18:30pm Studio 1



STRENGTH power

09:15am Studio 1



DYNAMIC YOGA

10:00am Studio 3



Les Mills **BODY PUMP**

09:30am Studio 1



PILATES

09:15am Studio 3



Les Mills DANCE

09:30am Studio 1



PILATES

10:15am Studio 1



PILATES

07:30am Studio 1



IYENGAR YOGA

10:15am Studio 1



Les Mills **BODY** BALANCE

Studio 1



Les Mills **BODY**

BALANCE

Studio 1



ZUMBA

10:10am Studio 1



FloatFit BALANCE

10:30am Poolside



RESTORATIVE YOGA

10:40am Studio 3



Les Mills **BODY PUMP**

09:00am Studio 1



PILATES

11:30am Studio 1



FloatFit HIIT

10:30am Poolside



IYENGAR

YOGA 10:30am Studio 1



AQUA

11:00am Poolside



Les Mills **BODY PUMP**

09:45am Studio 1



PILATES

12:30pm Studio 1



GOLF YOGA

10:30am Studio 3



PILATES

12:15pm Studio 1



Les Mills

DANCE 12:00pm Studio 1



Les Mills **BODY** BALANCE

Studio 3



AQUA

12:45pm Poolside



SHAPE

11:00am Studio 1



AQUA

12:45pm Poolside



PILATES

12:50pm Studio 1



SHAPE

10:30am Studio 1



IYENGAR YOGA

13:30pm Studio 3



FloatFit BALANCE

11:10am Poolside



Les Mills **BODY PUMP**

17:45pm Studio 1



IYENGAR YOGA

13:40pm Studio 3

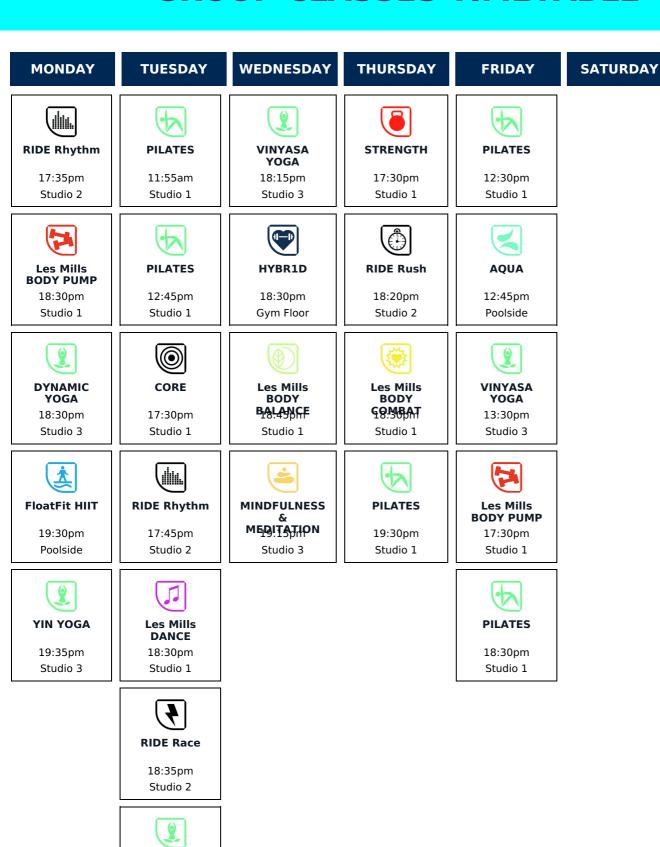


PILATES

11:30am Studio 1

GROUP CLASSES TIMETABLE

SUNDAY



HATHA YOGA

19:30pm Studio 1