GROUP CLASSES TIMETABLE

SUNDAY

Les Mills BODY PUMP

09:45am

Studio 1

Les Mills

BODY

BALANCE

Studio 1

TUESDAY **WEDNESDAY THURSDAY MONDAY FRIDAY SATURDAY RIDE Rhythm HATHA YOGA PILATES SHAPE PILATES PILATES** 09:15am 07:30am 07:30am 09:15am 07:30am 08:00am Studio 2 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **RIDE Rhythm PILATES PILATES** VINYASA Les Mills STRENGTH **YOGA BODY PUMP** power 09:30am 09:15am 09:30am 09:30am 09:00am 09:15am Studio 3 Studio 3 Studio 2 Studio 3 Studio 1 Studio 1 Les Mills Les Mills Les Mills **PILATES** Les Mills **IYENGAR BODY PUMP BODY PUMP BODY PUMP** DANCE **YOGA** 09:30am 09:15am 09:30am 10:15am 09:45am 10:15am Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 Les Mills **IYENGAR RESTORATIVE** Les Mills **ZUMBA BODY BODY** YOGA **YOGA** BALANCE BALANCE 10:30am 10:40am 10:10am Studio 1 Studio 1 Studio 1 Studio 3 Studio 3 **PILATES** FloatFit HIIT **PILATES AQUA SHAPE** 11:30am 10:30am 12:15pm 11:00am 10:30am Studio 1 Poolside Studio 1 Poolside Studio 1 **PILATES GOLF YOGA AQUA PILATES PILATES** 12:30pm 10:30am 12:45pm 12:50pm 11:30am Studio 1 Studio 3 Poolside Studio 1 Studio 1 SHAPE **IYENGAR AQUA** Les Mills **PILATES BODY PUMP YOGA** 11:00am 17:45pm 13:40pm 12:30pm 12:45pm Poolside Studio 1 Studio 1 Studio 3 Studio 1

IYENGAR

YOGA

13:30pm

Studio 3

FloatFit

BALANCE

11:10am

Poolside

VINYASA

YOGA

18:15pm

Studio 3

STRENGTH

17:30pm

Studio 1

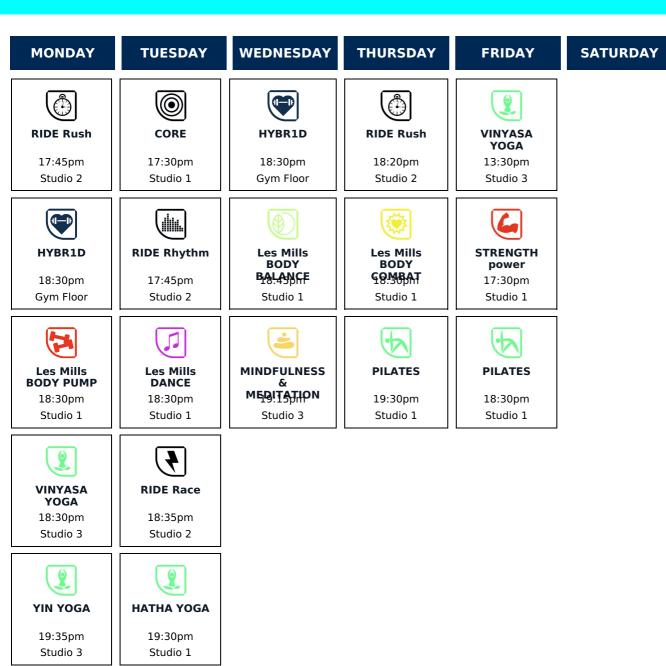
AQUA

12:45pm

Poolside

GROUP CLASSES TIMETABLE

SUNDAY



Valid from 18/08/2025 to 22/08/2025.