GROUP CLASSES TIMETABLE

SUNDAY

DYNAMIC YOGA

10:00am

Studio 3

Les Mills

BODY GOMBAT

Studio 1

PILATES

11:00am

Studio 1

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SATURDAY RIDE Rhythm HATHA YOGA PILATES SHAPE PILATES YOGA 07:30am 09:15am 07:30am 07:30am 09:15am 07:30am Studio 2 Studio 1 Studio 1 Studio 1 Studio 1 Studio 3 **PILATES** Les Mills **RIDE Rhythm** VINYASA Les Mills **PILATES BODY PUMP YOGA BODY PUMP** 09:30am 09:15am 09:30am 09:30am 09:00am 08:00am Studio 3 Studio 2 Studio 3 Studio 1 Studio 1 Studio 1 Les Mills **PILATES** Les Mills **PILATES** Les Mills **STRENGTH BODY PUMP BODY PUMP** DANCE power 09:30am 09:15am 09:30am 10:15am 09:45am 09:15am Studio 1 Studio 3 Studio 1 Studio 1 Studio 1 Studio 1 Les Mills **IYENGAR RESTORATIVE** Les Mills **IYENGAR ZUMBA BODY BODY** YOGA **YOGA YOGA** BALANCE BALANCE 10:30am 10:40am 10:10am 10:15am Studio 1 Studio 1 Studio 1 Studio 3 Studio 3 Studio 1 **PILATES GOLF YOGA PILATES AQUA SHAPE** 11:30am 10:30am 12:15pm 11:00am 10:30am Studio 1 Studio 3 Studio 1 Poolside Studio 1 **PILATES** SHAPE **AQUA** Les Mills **PILATES DANCE** 12:30pm 11:00am 12:45pm 12:00pm 11:30am Studio 1 Studio 1 Studio 1 Poolside Studio 1 **AQUA PILATES** Les Mills **PILATES PILATES BODY PUMP** 11:55am 17:45pm 12:50pm 12:30pm 12:45pm Poolside Studio 1 Studio 1 Studio 1 Studio 1

IYENGAR

YOGA

13:40pm

Studio 3

AQUA

12:45pm

Poolside

IYENGAR

YOGA

13:30pm

Studio 3

PILATES

12:45pm

Studio 1

VINYASA

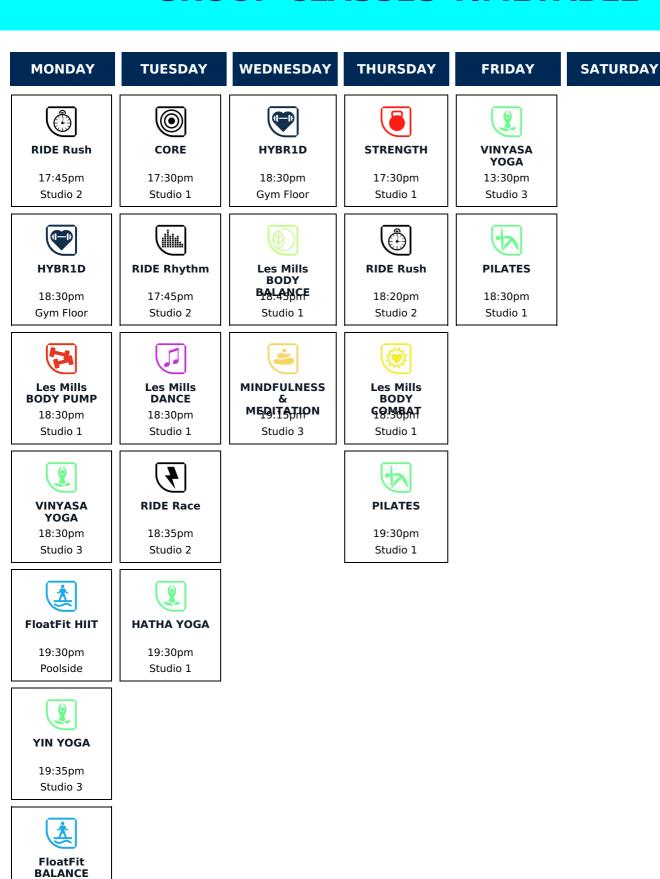
YOGA

18:15pm

Studio 3

GROUP CLASSES TIMETABLE

SUNDAY



20:05pm Poolside