# **GROUP CLASSES TIMETABLE**

**MONDAY** 

# **RIDE Rhythm**

09:15am Studio 2

**TUESDAY** 

### Les Mills **BODY PUMP**

09:15am Studio 1



**WEDNESDAY** 

#### Les Mills DANCE

09:30am Studio 1



**THURSDAY** 

#### **STRENGTH**

17:30pm Studio 1



**FRIDAY** 

#### **PILATES**

07:30am Studio 1



**SATURDAY** 

#### **PILATES**

07:40am Studio 1



**SUNDAY** 

## Les Mills **BODY**

**GOMBAT** 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

Studio 1



#### FloatFit HIIT

10:30am Poolside





#### **SHAPE**

10:30am Studio 1



# Les Mills **BODY**



# BALANCE

Studio 3



### **PILATES**

11:30am Studio 1



#### **PILATES**

12:30pm Studio 1



# **AQUA**

12:45pm Poolside



#### **PILATES**

11:30am Studio 1



**GOLF YOGA** 

11:00am Studio 1

**SHAPE** 



**PILATES** 

12:30pm

Studio 1

# **AQUA**

12:45pm Poolside



#### **FloatFit BALANCE**

11:10am Poolside



#### **IYENGAR YOGA**

13:30pm Studio 3



# **CORE**

17:30pm Studio 1

# **GROUP CLASSES TIMETABLE**

**THURSDAY** 

WEDNESDAY

**MONDAY TUESDAY RIDE Rhythm RIDE Rhythm** 17:35pm 17:45pm Studio 2 Studio 2 **DYNAMIC RIDE Race** YOGA 18:20pm 18:35pm Studio 3 Studio 2 **HYBR1D** 18:30pm Gym Floor Les Mills BODY PUMP 18:30pm Studio 1 **YIN YOGA** 

> 19:30pm Studio 1

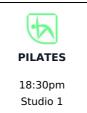
VINYASA YOGA 13:30pm Studio 3

**FRIDAY** 

**SATURDAY** 

**SUNDAY** 





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