















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Group Cycle 09:15am Studio 2	 Yoga Iyengar 07:00am Studio 3	 Pilates 07:30am Studio 1	 Yoga Restorative 09:30am Studio 3	 Pilates 07:30am Studio 1	 Bootcamp 09:00am Studio 1	 Body Pump 09:00am Studio 1
 Fitness Pilates 09:30am Studio 3	 Dance Fit 09:00am Studio 1	 Group Cycle 09:15am Studio 2	 Pilates 10:15am Studio 1	 Body Pump 09:30am Studio 1	 Group Cycle 10:00am Studio 2	 Les Mills Body Balance 10:00am Studio 1
 Body Pump 09:30am Studio 1	 Pilates 09:30am Studio 3	 Les Mills Sh'Bam 09:30am Studio 1	 Yoga Vinyasa 10:40am Studio 3	 Les Mills Body Balance 10:30am Studio 3	 Yoga Iyengar 10:00am Studio 3	 Yoga Vinyasa 10:00am Studio 3
 Les Mills Body Balance 10:30am Studio 1	 Body Pump 10:00am Studio 1	 Yoga Iyengar 10:30am Studio 1	 Aqua 11:00am Poolside	 Legs, Bums and Tums 10:30am Studio 1	 Yoga Iyengar 11:15am Studio 3	 Pilates 11:00am Studio 1
 Pilates 11:30am Studio 1	 Golf Yoga 10:30am Studio 3	 Pilates 12:15pm Studio 1	 Pilates 12:30pm Studio 3	 Pilates 12:30pm Studio 1		
 Pilates 12:30pm Studio 1	 Aqua 10:45am Poolside	 Aqua 12:45pm Poolside	 Les Mills Sh'Bam 13:00pm Studio 1	 Aqua 12:45pm Poolside		
 Aqua 12:30pm Poolside	 Pilates 12:45pm Studio 1	 Pilates 13:30pm Studio 3	 Yoga Iyengar 13:30pm Studio 3	 Vinyasa Flow 13:30pm Studio 3		
 Yoga Iyengar 13:30pm Studio 3	 HIIT 17:30pm Studio 1	 Body Attack 17:30pm Studio 1	 Core Conditioning 17:30pm Studio 1	 Body Pump 17:30pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Core Conditioning 17:30pm Studio 1</p>	 <p>Group Cycle 18:15pm Studio 2</p>	 <p>Body Pump 18:30pm Studio 1</p>	 <p>Group Cycle 18:15pm Studio 2</p>	 <p>Pilates 18:30pm Studio 1</p>		
 <p>Body Pump 18:10pm Studio 1</p>	 <p>Les Mills Sh'Bam 18:30pm Studio 1</p>		 <p>Body Combat 18:30pm Studio 1</p>			
 <p>Power Yoga 18:30pm Studio 3</p>	 <p>Yoga Iyengar 19:40pm Studio 1</p>		 <p>Yoga Vinyasa 18:30pm Studio 3</p>			
 <p>Yin Yoga 19:35pm Studio 3</p>			 <p>Pilates 19:30pm Studio 1</p>			
			 <p>Mindfulness & Meditation 19:30pm Studio 3</p>			

Valid from 16/05/2022 to 20/05/2022.