

























GROUP CLASSES TIMETABLE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>RIDE Rush 17:45pm Studio 2</div>	<div>CORE 17:30pm Studio 1</div>	<div>HYBR1D 18:30pm Gym Floor</div>	<div>RIDE Rush 18:20pm Studio 2</div>	<div>VINYASA YOGA 13:30pm Studio 3</div>		
<div>HYBR1D 18:30pm Gym Floor</div>	<div>RIDE Rhythm 17:45pm Studio 2</div>	<div>Les Mills BODY BALANCE 18:45pm Studio 1</div>	<div>Les Mills BODY COMBAT 18:30pm Studio 1</div>	<div>STRENGTH power 17:30pm Studio 1</div>		
<div>Les Mills BODY PUMP 18:30pm Studio 1</div>	<div>Les Mills DANCE 18:30pm Studio 1</div>	<div>MINDFULNESS & MEDITATION 19:15pm Studio 3</div>	<div>PILATES 19:30pm Studio 1</div>	<div>PILATES 18:30pm Studio 1</div>		
<div>VINYASA YOGA 18:30pm Studio 3</div>	<div>RIDE Race 18:35pm Studio 2</div>					
<div>YIN YOGA 19:35pm Studio 3</div>	<div>HATHA YOGA 19:30pm Studio 1</div>					

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