GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills BODY PUMP

09:30am Studio 1



HATHA YOGA

07:30am Studio 1



Les Mills BODY PUMP

> 17:45pm Studio 1



SHAPE

09:15am Studio 1



PILATES

07:30am Studio 1



PILATES

08:00am Studio 1



DYNAMIC YOGA

10:00am Studio 3



Les Mills BODY BALANCE

Studio 1



Les Mills BODY PUMP

09:15am Studio 1



VINYASA YOGA

18:15pm Studio 3



VINYASA YOGA

09:30am Studio 3



Les Mills BODY PUMP

> 09:00am Studio 1



STRENGTH power

09:15am Studio 1



Les Mills BODY PUMP

10:05am Studio 1



PILATES

11:30am Studio 1



PILATES

09:15am Studio 3



HYBR1D

18:30pm Gym Floor



PILATES

10:15am Studio 1



Les Mills BODY PUMP

09:45am Studio 1



IYENGAR YOGA

10:15am Studio 1



Les Mills BODY BALANCE

Studio 1



PILATES

12:30pm Studio 1



ZUMBA

10:10am Studio 1



Les Mills BODY BALANCE

Studio 1

RESTORATIVE

YOGA 10:40am Studio 3



Les Mills BODY BALANCE

Studio 3



RIDE Rush

17:45pm Studio 2



GOLF YOGA

10:30am Studio 3



MINDFULNESS & MEDITATION

Studio 3



AQUA

11:00am Poolside



SHAPE

10:30am Studio 1



HYBR1D

18:30pm Gym Floor



SHAPE

11:00am Studio 1

PILATES

11:55am

Studio 1



FloatFit HIIT

19:45pm Poolside



Les Mills DANCE

12:00pm Studio 1



PILATES

11:30am Studio 1



Les Mills BODY PUMP

18:30pm Studio 1



FloatFit

BALANCE 20:20pm Poolside



PILATES

12:50pm Studio 1



PILATES

12:30pm Studio 1



FloatFit HIIT

19:30pm Poolside



PILATES

12:45pm Studio 1



PILATES

07:30am Studio 1



IYENGAR YOGA

13:40pm Studio 3



AQUA

12:45pm Poolside

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



FloatFit BALANCE 20:05pm

Poolside



CORE

17:30pm Studio 1



Les Mills DANCE

09:30am Studio 1



STRENGTH

17:30pm Studio 1



VINYASA YOGA

13:30pm Studio 3



RIDE Rhythm

17:45pm Studio 2



RIDE Rhythm

09:30am Studio 2



RIDE Rush

18:20pm Studio 2



PILATES

18:30pm Studio 1



Les Mills DANCE 18:30pm

Studio 1



IYENGAR YOGA

10:30am Studio 1



Les Mills BODY COMBAT

Studio 1



RIDE Race

18:35pm Studio 2



PILATES

12:15pm Studio 1



PILATES

19:30pm Studio 1



HATHA YOGA

19:30pm Studio 1



AQUA

12:45pm Poolside



Les Mills BODY PUMP

> 17:45pm Studio 1



VINYASA YOGA

18:15pm Studio 3



HYBR1D

18:30pm Gym Floor

GROUP CLASSES TIMETABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY







Valid from 28/04/2025 to 02/05/2025.