


































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rhythm</p> <p>09:20am Studio 2</p>	 <p>Iyengar Yoga</p> <p>07:00am Studio 1</p>	 <p>PILATES</p> <p>07:30am Studio 1</p>	 <p>SHAPE</p> <p>09:15am Studio 1</p>	 <p>PILATES</p> <p>07:30am Studio 1</p>	 <p>PILATES</p> <p>08:00am Studio 1</p>	 <p>Body Pump</p> <p>10:00am Studio 1</p>
 <p>PILATES</p> <p>09:30am Studio 3</p>	 <p>Body Pump</p> <p>09:15am Studio 1</p>	 <p>RIDE Rush</p> <p>09:30am Studio 2</p>	 <p>Restorative Yoga</p> <p>09:30am Studio 3</p>	 <p>STRENGTH</p> <p>09:15am Studio 1</p>	 <p>HIIT Strength</p> <p>09:15am Studio 1</p>	 <p>Vinyasa Yoga</p> <p>10:00am Studio 3</p>
 <p>Body Pump</p> <p>09:30am Studio 1</p>	 <p>PILATES</p> <p>09:15am Studio 3</p>	 <p>Les Mills DANCE</p> <p>09:30am Studio 1</p>	 <p>PILATES</p> <p>10:15am Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>10:30am Studio 3</p>	 <p>Iyengar Yoga</p> <p>10:15am Studio 1</p>	
 <p>Les Mills BODY BALANCE</p> <p>10:30am Studio 1</p>	 <p>ZUMBA</p> <p>10:10am Studio 1</p>	 <p>Iyengar Yoga</p> <p>10:30am Studio 1</p>	 <p>Vinyasa Yoga</p> <p>10:40am Studio 3</p>	 <p>SHAPE</p> <p>10:30am Studio 1</p>		
 <p>PILATES</p> <p>11:30am Studio 1</p>	 <p>Golf Yoga</p> <p>10:30am Studio 3</p>	 <p>PILATES</p> <p>12:15pm Studio 1</p>	 <p>AQUA</p> <p>11:00am Poolside</p>	 <p>PILATES</p> <p>11:30am Studio 1</p>		
 <p>PILATES</p> <p>12:30pm Studio 1</p>	 <p>AQUA</p> <p>10:45am Poolside</p>	 <p>AQUA</p> <p>12:45pm Poolside</p>	 <p>PILATES</p> <p>12:30pm Studio 3</p>	 <p>PILATES</p> <p>12:30pm Studio 1</p>		
 <p>AQUA</p> <p>12:45pm Poolside</p>	 <p>SHAPE</p> <p>11:00am Studio 1</p>	 <p>Body Pump</p> <p>18:00pm Studio 1</p>	 <p>Les Mills DANCE</p> <p>13:30pm Studio 1</p>	 <p>AQUA</p> <p>12:45pm Poolside</p>		
 <p>Iyengar Yoga</p> <p>13:30pm Studio 3</p>	 <p>PILATES</p> <p>11:55am Studio 1</p>	 <p>Vinyasa Yoga</p> <p>18:15pm Studio 3</p>	 <p>Iyengar Yoga</p> <p>13:30pm Studio 3</p>	 <p>Vinyasa Yoga</p> <p>13:30pm Studio 3</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rush 17:45pm Studio 2	 PILATES 12:45pm Studio 1	 Les Mills BODY BALANCE 19:00pm Studio 1	 HIIT Strength 17:30pm Studio 1	 Body Pump 17:30pm Studio 1		
 CORE 17:45pm Studio 1	 HIIT 17:30pm Studio 1	 Mindfulness & Meditation 19:15pm Studio 3	 CORE 18:00pm Studio 1	 PILATES 18:30pm Studio 1		
 Body Pump 18:30pm Studio 1	 CORE 18:00pm Studio 1		 RIDE Rush 18:15pm Studio 2			
 Vinyasa Yoga 18:30pm Studio 3	 RIDE Rhythm 18:15pm Studio 2		 Body Combat 18:30pm Studio 1			
 Yin Yoga 19:35pm Studio 3	 Les Mills DANCE 18:30pm Studio 1		 PILATES 19:30pm Studio 1			
	 Iyengar Yoga 19:30pm Studio 1					

Valid from 15/04/2024 to 19/04/2024.