GROUP CLASSES TIMETABLE

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SATURDAY SUNDAY ₩. **RIDE Rhythm DYNAMIC PILATES SHAPE PILATES PILATES** Les Mills **YOGA BODY PUMP** 09:20am 07:15am 07:30am 09:15am 07:30am 08:00am 10:00am Studio 2 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **RESTORATIVE PILATES** Les Mills Les Mills Les Mills Vinyasa Yoga **BODY PUMP DANCE YOGA BODY PUMP** Strength 09:30am 09:15am 09:30am 09:30am 09:00am 09:15am 10:00am Studio 3 Studio 1 Studio 3 Studio 1 Studio 1 Studio 1 Studio 3 Les Mills **PILATES RIDE Rush PILATES** Les Mills **IYENGAR WELLNESS BODY PUMP BODY PUMP** YOGA 09:30am 09:15am 09:30am 10:15am 09:45am 10:15am 12:00pm Studio 1 Studio 3 Studio 2 Studio 1 Studio 1 Studio 1 Studio 1 Les Mills **IYENGAR** Les Mills **ZUMBA** Vinyasa Yoga Les Mills **BODY BODY BODY PUMP YOGA** BALANCE BALANCE 10:30am 10:00am 10:10am 10:40am Studio 1 Studio 1 Studio 1 Studio 3 Studio 3 Studio 1 **PILATES GOLF YOGA PILATES AQUA SHAPE** Vinyasa Yoga 11:30am 10:30am 12:15pm 11:00am 10:30am 10:00am Studio 1 Studio 3 Studio 1 Poolside Studio 1 Studio 3 **PILATES AQUA AQUA** Les Mills **PILATES** Les Mills **BODY DANCE** BALANCE 12:30pm

Studio 1

10:45am Poolside

12:45pm Poolside

12:00pm Studio 1

11:30am Studio 1

Studio 1

PILATES

12:30pm Studio 1



AQUA

12:45pm Poolside



SHAPE

11:00am Studio 1



RIDE Rhythm

17:45pm Studio 2



PILATES



IYENGAR YOGA

13:40pm Studio 3



AQUA

12:45pm Poolside



YOGA 13:30pm Studio 3



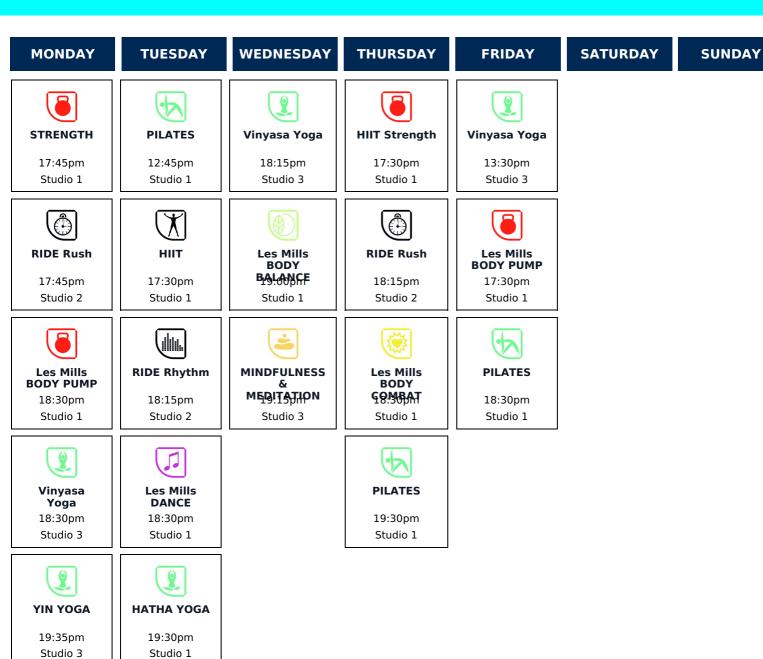
PILATES

11:55am Studio 1



Les Mills **BODY PUMP** 18:00pm Studio 1

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Valid from 13/05/2024 to 17/05/2024.