MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Strength 06:30am

Studio 1

RIDE Race

06:30am Spin Studio



HIIT Circuits

06:30am Gym Floor



HIIT Cardio

06:30am Gym Floor



HIIT Circuits

06:30am Gym Floor



HIIT Circuits

08:00am Gym Floor



HIIT Circuits

08:00am Gym Floor



RIDE Rhythm

07:05am Spin Studio



HYBR1D

07:00am Gym Floor



RIDE Rush

06:45am Spin Studio



07:30am Gym Floor



RIDE Rhythm

06:45am Spin Studio



Les Mills

BODY OJ:30SK

Studio 1

PILATES

08:30am Studio 2



HIIT Circuits

07:35am Gym Floor



BOX

08:30am Studio 1



HIIT Circuits

07:30am Gym Floor



07:45am

Studio 1

STRENGTH HIIT Circuits reps

07:30am Gym Floor



RIDE Rhythm

09:10am Spin Studio



Les Mills **BODY**

69MBAT Studio 1



STRENGTH

08:30am Studio 1



PILATES

09:00am Studio 2



Les Mills

BODY 68.MBAT Studio 1



PILATES

08:30am Studio 2



Les Mills **BODY PUMP**

08:10am Studio 1



Les Mills **BODY PUMP**

09:30am Studio 1



Les Mills **BODY PUMP**

09:40am Studio 1



TAI CHI

08:45am Studio 2



RIDE Rhythm

09:15am Spin Studio



Les Mills

BODY PUMP 09:15am Studio 1



CORE

08:45am Studio 1



RIDE Race

09:15am Spin Studio



CORE

09:30am Studio 2



HIIT Circuits

10:15am Gym Floor



RIDE Race

09:30am Spin Studio



Les Mills

BODY PUMP 09:30am Studio 1



BARRE

09:30am Studio 2



RIDE Rhythm

09:20am Spin Studio



Les Mills **BODY** OJ:30SK

Studio 1



HIIT Circuits

10:00am Gym Floor



ZUMBA

10:30am Studio 1



STRENGTH functional

09:30am Studio 1



YOGALATES

09:50am Studio 2



HIIT

10:00am Gym Floor



Les Mills **BODY PUMP**

09:30am Studio 1



YIN YOGA

09:30am Studio 2



TAI CHI

10:30am Studio 2



YOGA

10:30am Studio 2



CORE

09:40am Studio 2



10:00am Gym Floor



RIDE Race

10:05am Spin Studio



TAI CHI

09:30am Studio 2



HYBR1D

10:00am Gym Floor



Les Mills **BODY GOMBAT**

Studio 1



RIDE Rhythm

10:40am Spin Studio

SUNDAY

Les Mills

BODY

BALANCE

Studio 2

YIN YOGA

16:00pm

Studio 2

YIN YOGA

17:00pm

Studio 2

WEDNESDAY MONDAY TUESDAY THURSDAY SATURDAY FRIDAY HIIT Circuits Les Mills **PILATES HIIT Circuits** Les Mills **FITSTEPS BODY PUMP BODY GO!MBAT** 10:15am 10:15am 09:45am 10:30am 11:30am Gym Floor Gym Floor Studio 1 Studio 1 Studio 1 Studio 1 **VINYASA TAI CHI DANCE PILATES SHAPE HATHA YOGA** YOGA 10:30am 10:25am 11:30am 11:30am 10:20am 11:30am Studio 2 Studio 1 Studio 2 Studio 2 Studio 1 Studio 2 **ZUMBA GOLF ZUMBA SHAPE PILATES RESTORATIVE YOGA** 11:10am 11:30am 11:15am 10:30am 11:30am 15:00pm Studio 1 Studio 1 Studio 2 Studio 2 **Driving Range** Studio 1 Les Mills **PILATES FUNCTIONAL ZUMBA RESTORATIVE AQUA ZUMBA CIRCUITS BODY YOGA** BALANCE 12:05pm 12:00pm 12:05pm 12:30pm 16:00pm Studio 2 Poolside Gym Floor Studio 2 Studio 1 Studio 2 . **AQUA PILATES SHAPE DANCE CORE HIIT Circuits** 12:30pm 11:30am 12:30pm 17:00pm 13:00pm 12:30pm Poolside Studio 2 Studio 1 Studio 1 Studio 2 Gym Floor **HATHA YOGA ZUMBA GOLD HATHA YOGA BARRE** Les Mills **BODY** BALANCE 13:00pm 13:15pm 12:30pm 12:30pm Studio 2 Studio 1 Studio 2 Studio 2 Studio 2 **ZUMBA AQUA VINYASA AQUA STRETCH GOLD YOGA ZUMBA** 13:15pm 13:30pm 13:30pm 13:40pm 13:45pm Studio 1 Studio 2 Poolside Studio 2 Poolside

HIIT Circuits

14:00pm

Gym Floor

FUNCTIONAL

CIRCUITS

14:00pm

Gym Floor

STRETCH

14:30pm

Studio 1

Les Mills

BODY

GOMBAT

Studio 1

HIIT

14:00pm

Gym Floor

SUNDAY

SATURDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY PILATES YIN YOGA CORE RESTORATIVE PILATES YOGA 14:15pm 14:30pm 15:35pm 18:00pm 17:00pm Studio 2 Studio 2 Studio 2 Studio 2 Studio 2 HIIT Les Mills **HYBR1D PILATES RIDE Rhythm** Strength **BODY PUMP** 18:00pm 18:00pm 17:45pm 17:15pm 18:15pm Gym Floor Studio 2 Studio 1 Spin Studio Studio 1 **HATHA YOGA SHAPE VINYASA HYBR1D HIIT Circuits YOGA** 18:00pm 17:30pm 18:00pm 18:30pm 18:30pm Studio 2 Studio 1 Studio 2 Gym Floor Gym Floor Les Mills **RIDE Race** Les Mills Les Mills **STRENGTH BODY BODY BODY GRYBAT** BALANCE BALANCE 18:30pm 18:50pm Studio 1 Studio 2 Spin Studio Studio 1 Studio 2 **HYBR1D RIDE Rhythm HIIT Circuits PILATES** 18:30pm 18:15pm 18:30pm 19:00pm Gym Floor Spin Studio Gym Floor Studio 2 **RIDE Rhythm** Les Mills **PILATES RESTORATIVE BODY PUMP YOGA** 18:30pm 18:25pm 19:00pm 20:00pm Spin Studio Studio 1 Studio 2 Studio 2

ZUMBA

19:05pm

Studio 1



PURE

STRETCH 19:00pm

Studio 2





HIIT Circuits

18:30pm

Gym Floor

MONDAY

TUESDAY

WEDNESDAY

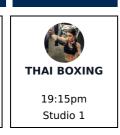
THURSDAY

FRIDAY

SATURDAY

SUNDAY





Valid from 17/02/2025 to 21/02/2025.