



























































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HIIT 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	 HIIT 07:30am Gym Floor	 RIDE Rhythm 06:45am Spin Studio	 Les Mills BODY ATTACK 08:30am Studio 1	 PILATES 08:30am Studio 2
 HIIT Circuits 07:35am Gym Floor	 BOX 08:30am Studio 1	 HIIT Circuits 07:30am Gym Floor	 STRENGTH reps 07:45am Studio 1	 HIIT Circuits 07:30am Gym Floor	 RIDE Rhythm 09:10am Spin Studio	 Les Mills BODY COMBAT 09:00am Studio 1
 STRENGTH 08:30am Studio 1	 PILATES 09:00am Studio 2	 Les Mills BODY COMBAT 08:00am 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 ATTACK 09:30am 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	 HIIT 10:00am Gym Floor	 RIDE Race 10:05am Spin Studio	 TAI CHI 09:30am Studio 2	 HYBR1D 10:00am Gym Floor	 Les Mills BODY COMBAT 10:30am Studio 1	 RIDE Rhythm 10:40am Spin Studio

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HIIT Circuits 10:15am Gym Floor	 Les Mills BODY COMBAT 10:30am Studio 1	 PILATES 10:15am Studio 1	 HIIT Circuits 09:45am Gym Floor	 Les Mills BODY PUMP 10:30am Studio 1	 FITSTEPS 11:30am Studio 1	 Les Mills BODY BALANCE 11:30am Studio 2
 TAI CHI 10:20am Studio 2	 DANCE 11:30am Studio 1	 VINYASA YOGA 10:30am Studio 2	 PILATES 10:25am Studio 2	 SHAPE 11:30am Studio 1	 HATHA YOGA 11:30am Studio 2	 YIN YOGA 16:00pm Studio 2
 ZUMBA 11:10am Studio 1	 GOLF 11:30am Driving Range	 ZUMBA 11:15am Studio 1	 SHAPE 10:30am Studio 1	 PILATES 11:30am Studio 2	 RESTORATIVE YOGA 15:00pm Studio 2	 YIN YOGA 17:00pm Studio 2
 PILATES 12:05pm Studio 2	 AQUA ZUMBA 12:00pm Poolside	 FUNCTIONAL CIRCUITS 12:05pm Gym Floor	 Les Mills BODY BALANCE 11:50am Studio 2	 ZUMBA 12:30pm Studio 1	 RESTORATIVE YOGA 16:00pm Studio 2	
 AQUA 13:00pm Poolside	 PILATES 12:30pm Studio 2	 SHAPE 12:30pm Studio 1	 DANCE 11:30am Studio 1	 CORE 12:30pm Studio 2	 HIIT Circuits 17:00pm Gym Floor	
 HATHA YOGA 13:00pm Studio 2	 ZUMBA GOLD 13:15pm Studio 1	 HATHA YOGA 12:30pm Studio 2	 BARRE 12:30pm Studio 2	 Les Mills BODY BALANCE 13:30pm Studio 2		
 ZUMBA GOLD 13:15pm Studio 1	 VINYASA YOGA 13:30pm Studio 2	 AQUA 13:30pm Poolside	 STRETCH 13:40pm Studio 2	 AQUA ZUMBA 13:45pm Poolside		
 HIIT Circuits 14:00pm Gym Floor	 FUNCTIONAL CIRCUITS 14:00pm Gym Floor	 STRETCH 14:30pm Studio 1	 Les Mills BODY COMBAT 18:00pm Studio 1	 HIIT 14:00pm Gym Floor		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>PILATES</p> <p>14:15pm Studio 2</p>	 <p>YIN YOGA</p> <p>14:30pm Studio 2</p>	 <p>CORE</p> <p>15:35pm Studio 2</p>	 <p>RESTORATIVE YOGA</p> <p>18:00pm Studio 2</p>	 <p>PILATES</p> <p>17:00pm Studio 2</p>		
 <p>HYBR1D</p> <p>17:45pm Gym Floor</p>	 <p>PILATES</p> <p>17:15pm Studio 2</p>	 <p>HIIT Strength</p> <p>18:00pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>18:15pm Spin Studio</p>	 <p>Les Mills BODY PUMP</p> <p>18:00pm Studio 1</p>		
 <p>HATHA YOGA</p> <p>18:00pm Studio 2</p>	 <p>SHAPE</p> <p>17:30pm Studio 1</p>	 <p>VINYASA YOGA</p> <p>18:00pm Studio 2</p>	 <p>HYBR1D</p> <p>18:30pm Gym Floor</p>	 <p>HIIT Circuits</p> <p>18:30pm Gym Floor</p>		
 <p>Les Mills BODY COMBAT</p> <p>18:15pm Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>18:15pm Studio 2</p>	 <p>RIDE Race</p> <p>18:30pm Spin Studio</p>	 <p>STRENGTH</p> <p>18:50pm Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>18:30pm Studio 2</p>		
 <p>HYBR1D</p> <p>18:30pm Gym Floor</p>	 <p>RIDE Rhythm</p> <p>18:15pm Spin Studio</p>	 <p>HIIT Circuits</p> <p>18:30pm Gym Floor</p>	 <p>PILATES</p> <p>19:00pm Studio 2</p>			
 <p>RIDE Rhythm</p> <p>18:30pm Spin Studio</p>	 <p>Les Mills BODY PUMP</p> <p>18:25pm Studio 1</p>	 <p>PILATES</p> <p>19:00pm Studio 2</p>	 <p>RESTORATIVE YOGA</p> <p>20:00pm Studio 2</p>			
 <p>PURE STRETCH</p> <p>19:00pm Studio 2</p>	 <p>HIIT Circuits</p> <p>18:30pm Gym Floor</p>	 <p>ZUMBA</p> <p>19:05pm Studio 1</p>				
 <p>Les Mills BODY PUMP</p> <p>19:15pm Studio 1</p>	 <p>MINDFULNESS & MEDITATION</p> <p>19:15pm Studio 2</p>					

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

20:00pm
Studio 2



THAI BOXING

19:15pm
Studio 1

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