



































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Group Cycle 06:35am Spin Studio	 Pilates 06:35am Studio 1	 Yoga Ashtanga 06:35am Studio 1	 Group Cycle 06:35am Spin Studio	 Body Pump 06:35am Studio 1	 Group Cycle 08:00am Spin Studio	 Group Cycle 09:00am Spin Studio
 Yoga Hatha 06:35am Studio 1	 Yoga Hatha 08:15am Studio 1	 Body Combat 08:30am Studio 1	 Pilates 08:30am Studio 1	 Fitness Pilates 08:30am Studio 1	 Body Combat 08:30am Studio 1	 Les Mills Tone 09:15am Studio 1
 Les Mills Body Balance 08:30am Studio 1	 Group Cycle 09:15am Spin Studio	 Group Cycle 09:15am Spin Studio	 Group Cycle 09:15am Spin Studio	 Group Cycle 09:15am Spin Studio	 Group Cycle 09:15am Spin Studio	 Group Cycle 10:00am Spin Studio
 Functional Circuits 09:30am Gym Floor	 Step & Tone 09:30am Studio 1	 Boxing Circuits 09:20am Studio 1	 Body Pump 09:20am Studio 1	 Functional Circuits 09:30am Gym Floor	 Body Pump 09:20am Studio 1	 Body Pump 10:05am Studio 1
 Group Cycle 09:30am Spin Studio	 Nordic Walking 09:30am Outside	 Functional Circuits 09:30am Gym Floor	 Les Mills Body Balance 10:15am Studio 1	 Dance Fit 09:30am Studio 1	 Core HIIT 10:15am Studio 1	 Pilates 12:00pm Studio 1
 Body Pump 09:35am Studio 1	 Group Cycle 10:15am Spin Studio	 Body Pump 10:10am Studio 1	 Legs, Bums and Tums 11:05am Studio 1	 Group Cycle 10:15am Spin Studio	 Les Mills Body Balance 11:30am Studio 1	 Yoga 13:00pm Studio 1
 Les Mills Tone 10:30am Studio 1	 Core Conditioning 10:20am Studio 1	 Run Club 10:15am Outside	 Functional Circuits 12:30pm Gym Floor	 SwimFit 10:15am Poolside	 Yoga 12:30pm Studio 1	
 Fitness Pilates 11:20am Studio 1	 Barre Conditioning 11:10am Studio 1	 Les Mills Body Balance 11:05am Studio 1	 Yoga Hatha 12:30pm Studio 1	 Ultimate Workout 10:20am Studio 1		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Group Cycle 12:00pm Spin Studio	 Les Mills Body Balance 12:00pm Studio 1	 HIIT 12:30pm Gym Floor	 Pilates 13:30pm Studio 1	 Body Pump 11:10am Studio 1		
 Stretch and Relax 12:30pm Studio 1	 Functional Circuits 12:30pm Gym Floor	 Yoga Hatha 12:30pm Studio 1	 Zumba 14:20pm Studio 1	 Les Mills Body Balance 12:05pm Studio 1		
 Pilates 13:20pm Studio 1	 Pilates 12:50pm Studio 1	 Aqua 13:00pm Poolside	 Aqua 14:45pm Poolside	 Pilates 12:55pm Studio 1		
 Aqua 13:45pm Poolside	 Stretch and Relax 13:40pm Studio 1	 Golf Stretch 15:00pm Studio 1	 Strength & Conditioning 18:30pm Studio 1	 Aqua 14:00pm Poolside		
 Zumba 14:10pm Studio 1	 Aqua 14:30pm Poolside	 Yoga Hatha 17:00pm Studio 1	 Pilates 19:00pm Studio 3	 Yoga Vinyasa 18:30pm Studio 1		
 Pilates 15:00pm Studio 1	 FitSteps 16:00pm Studio 1	 Conditioning Circuits 18:15pm Studio 1	 Group Cycle 19:15pm Spin Studio			
 Golf Circuits 17:30pm Studio 1	 Pilates 17:30pm Studio 1	 Pilates 18:25pm Studio 3	 Body Combat 19:30pm Studio 1			
 Group Cycle 18:15pm Spin Studio	 Yoga Hatha 18:15pm Studio 3	 Les Mills Body Balance 19:15pm Studio 1				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Body Pump</p> <p>18:30pm Studio 1</p>	 <p>Group Cycle</p> <p>18:30pm Spin Studio</p>	 <p>Group Cycle</p> <p>19:30pm Spin Studio</p>				
 <p>Yoga Hatha</p> <p>18:30pm Studio 3</p>	 <p>Boxercise</p> <p>18:30pm Studio 1</p>	 <p>Yoga</p> <p>19:30pm Studio 3</p>				
 <p>Les Mills Body Balance</p> <p>19:25pm Studio 1</p>	 <p>Pilates</p> <p>19:15pm Studio 3</p>					
	 <p>Body Pump</p> <p>19:20pm Studio 1</p>					

Valid from 17/01/2022 to 21/01/2022.