























































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 06:35am Spin Studio	 Les Mills BODY PUMP 06:35am Studio 1	 YOGA 17:25pm Holistic Studio	 RIDE Rhythm 06:35am Spin Studio	 Les Mills BODY PUMP 06:35am Studio 1	 PILATES 07:15am Holistic Studio	 SHAPE 09:00am Studio 1
 HIIT 06:45am Gym Floor	 RIDE Rhythm 08:00am Spin Studio	 HIIT 18:00pm Gym Floor	 PILATES 08:30am Holistic Studio	 HATHA YOGA 06:35am Holistic Studio	 RIDE Rhythm 08:00am Spin Studio	 YOGA 09:00am Holistic Studio
 YOGA 07:20am Holistic Studio	 FITNESS YOGA 08:15am Holistic Studio	 Les Mills BODY PUMP 18:30pm Studio 1	 Les Mills BODY PUMP 09:15am Studio 1	 HIIT 06:45am Gym Floor	 Les Mills BODY COMBAT 08:30am Studio 1	 Les Mills BODY PUMP 10:00am Studio 1
 Les Mills BODY BALANCE 08:30am Holistic Studio	 HIIT 09:30am Gym Floor	 PILATES 18:30pm Holistic Studio	 STRETCH 09:20am Holistic Studio	 FITNESS YOGA 08:30am Holistic Studio	 RIDE Rhythm 09:15am Spin Studio	 RIDE Rhythm 10:00am Spin Studio
 Les Mills BODY PUMP 09:30am Studio 1	 STEP 09:30am Studio 1	 RIDE Rhythm 18:30pm Spin Studio	 RIDE Rhythm 09:30am Spin Studio	 HIIT 09:30am Gym Floor	 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY BALANCE 11:00am Holistic Studio
 PILATES 09:30am Holistic Studio	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY COMBAT 19:20pm Studio 1	 Les Mills BODY BALANCE 10:15am Holistic Studio	 DANCE 09:30am Studio 1	 PILATES 09:30am Holistic Studio	 PILATES 12:00pm Holistic Studio
 SHAPE 10:30am Studio 1	 NORDIC WALKING 09:30am Outside	 FITNESS PILATES 19:30pm Holistic Studio	 STEP 10:15am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 STRENGTH power 10:00am Gym Floor	 HATHA YOGA 13:00pm Holistic Studio
 VINYASA YOGA 10:30am Holistic Studio	 SHAPE 10:20am Studio 1	 POWER YOGA 06:35am Holistic Studio	 SHAPE 11:15am Studio 1	 SHAPE 10:20am Studio 1	 YOGA 10:30am Holistic Studio	



GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 FITNESS PILATES 11:20am Studio 1	 PILATES 10:20am Holistic Studio	 HIIT 06:45am Gym Floor	 BOX 12:30pm Studio 1	 PILATES 10:30am Holistic Studio	 Les Mills BODY BALANCE 11:35am Holistic Studio	
 SHAPE 12:15pm Studio 1	 FITNESS PILATES 11:10am Studio 1	 RIDE Rhythm 09:15am Spin Studio	 PILATES 12:30pm Holistic Studio	 Les Mills BODY PUMP 11:30am Studio 1	 YOGA 12:45pm Holistic Studio	
 STRETCH 12:15pm Holistic Studio	 STRETCH 11:15am Holistic Studio	 HIIT 09:30am Gym Floor	 HIIT 12:45pm Gym Floor	 Les Mills BODY BALANCE 12:50pm Holistic Studio		
 PILATES 13:15pm Holistic Studio	 Les Mills BODY BALANCE 12:00pm Holistic Studio	 Les Mills BODY COMBAT 09:30am Studio 1	 AQUA 13:30pm Poolside	 DANCE 13:30pm Studio 1		
 AQUA 13:30pm Poolside	 PILATES 12:55pm Holistic Studio	 Les Mills BODY PUMP 10:20am Studio 1	 HATHA YOGA 13:30pm Holistic Studio	 PILATES 13:30pm Holistic Studio		
 ZUMBA 14:10pm Studio 1	 STRETCH 13:45pm Holistic Studio	 Les Mills BODY BALANCE 11:15am Holistic Studio	 ZUMBA 14:30pm Studio 1	 PILATES 15:00pm Holistic Studio		
 Les Mills BODY PUMP 18:30pm Studio 1	 AQUA 14:30pm Poolside	 SHAPE 12:15pm Studio 1	 RIDE Rhythm 18:30pm Spin Studio	 TAI CHI 16:00pm Holistic Studio		
 RIDE Rhythm 18:30pm Spin Studio	 PILATES 17:25pm Holistic Studio	 HATHA YOGA 12:15pm Holistic Studio	 HYBRID 18:45pm Gym Floor	 VINYASA YOGA 17:00pm Holistic Studio		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div><p>Les Mills BODY COMBAT 19:20pm Studio 1</p></div>	<div><p>HATHA YOGA 18:20pm Holistic Studio</p></div>	<div><p>AQUA 13:00pm Poolside</p></div>	<div><p>PILATES 18:45pm Holistic Studio</p></div>	<div><p>STRENGTH reps 18:00pm Gym Floor</p></div>		
<div><p>Les Mills BODY BALANCE 19:30pm Holistic Studio</p></div>	<div><p>DANCE 18:30pm Studio 1</p></div>	<div><p>TAI CHI 13:30pm Holistic Studio</p></div>	<div><p>STRENGTH 19:30pm Studio 1</p></div>			
	<div><p>HYBR1D 18:45pm Gym Floor</p></div>	<div><p>DANCE 14:00pm Studio 1</p></div>	<div><p>RESTORATIVE YOGA 19:35pm Holistic Studio</p></div>			
	<div><p>Les Mills BODY PUMP 19:30pm Studio 1</p></div>	<div><p>YOGA 17:25pm Holistic Studio</p></div>				
		<div><p>HIIT 18:00pm Gym Floor</p></div>				
		<div><p>Les Mills BODY PUMP 18:30pm Studio 1</p></div>				
		<div><p>PILATES 18:30pm Holistic Studio</p></div>				
		<div><p>RIDE Rhythm 18:30pm Spin Studio</p></div>				

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<div><p>Les Mills BODY COMBAT 19:20pm Studio 1</p></div>				
		<div><p>FITNESS PILATES 19:30pm Holistic Studio</p></div>				

Valid from 25/08/2025 to 29/08/2025.