GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills BODY BALANCE

Holistic Studio

Les Mills BODY PUMP 06:35am

Studio 1

POWER

YOGA 06:35am Holistic Studio 1º

DANCE

18:30pm Studio 1 (F

Les Mills BODY PUMP

> 06:35am Studio 1

(4)

PILATES

07:15am Holistic Studio (L)

SHAPE

09:00am Studio 1



Les Mills BODY PUMP 09:30am

Studio 1



RIDE Rhythm

08:00am Spin Studio



нил

06:45am Gym Floor



HYBR1D

18:45pm Gym Floor



RIDE Rhythm

06:35am Spin Studio



RIDE Rhythm

08:00am Spin Studio



YOGA

09:00am Holistic Studio



PILATES

09:30am Holistic Studio



FITNESS YOGA

08:15am Holistic Studio



RIDE Rhythm

09:15am Spin Studio



PILATES

18:45pm Holistic Studio



HATHA YOGA

06:35am Holistic Studio



Les Mills BODY 69MBAT

Studio 1



Les Mills BODY PUMP

10:00am Studio 1



RIDE Rhythm

09:30am Spin Studio



HIIT

09:30am Gym Floor



HIII

09:30am Gym Floor



RESTORATIVE YOGA

19:35pm Holistic Studio



HII

06:45am Gym Floor



RIDE Rhythm

09:15am Spin Studio



RIDE Rhythm

10:00am Spin Studio



STRENGTH functional

10:30am Studio 1



STEP

09:30am Studio 1



Les Mills BODY 69.MBAT

Studio 1

RIDE Rhythm

06:35am Spin Studio



FITNESS YOGA

08:30am Holistic Studio



Les Mills BODY PUMP

> 09:30am Studio 1



Les Mills BODY BALANCE

Holistic Studio



YOGA

10:30am Holistic Studio



RIDE Rhythm

09:30am Spin Studio



Les Mills BODY PUMP

10:20am Studio 1



PILATES

08:30am Holistic Studio



шит

09:30am Gym Floor



PILATES

09:30am Holistic Studio



PILATES

12:00pm Holistic Studio



FITNESS PILATES

11:20am

Studio 1



NORDIC WALKING 09:30am Outside



BODY BALANCE Holistic Studio

Les Mills



Les Mills BODY PUMP 09:15am Studio 1



DANCE

09:30am Studio 1



STRENGTH power 10:00am

Gym Floor



HATHA YOGA

13:00pm Holistic Studio



SHAPE

12:15pm Studio 1



SHAPE

10:20am Studio 1



SHAPE

12:15pm Studio 1



STRETCH

09:20am Holistic Studio



RIDE Rhythm

09:30am Spin Studio



YOGA

10:30am Holistic Studio

GROUP CLASSES TIMETABLE

SUNDAY

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

PILATES

17:25pm

Holistic Studio

PILATES

18:30pm

Holistic Studio

AQUA

13:30pm

Poolside

PILATES

15:00pm

Holistic Studio

GROUP CLASSES TIMETABLE

SATURDAY

SUNDAY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY RIDE Rhythm RIDE Rhythm HATHA YOGA TAI CHI 18:00pm 18:30pm 13:30pm 16:00pm Holistic Studio Spin Studio Spin Studio Holistic Studio **HATHA YOGA** Les Mills **ZUMBA** VINYASA **BODY YOGA GOMBAT** 17:00pm 18:20pm 14:30pm Holistic Studio Studio 1 Studio 1 Holistic Studio **DANCE FITNESS DANCE STRENGTH PILATES** reps 18:30pm 19:30pm 18:30pm 18:00pm Studio 1 Holistic Studio Gym Floor Studio 1 **HYBR1D RIDE Rhythm** 18:45pm 18:30pm Gym Floor Spin Studio Les Mills **HYBR1D BODY PUMP** 19:30pm 18:45pm Studio 1 Gym Floor **PILATES** 18:45pm Holistic Studio

Valid from 28/04/2025 to 02/05/2025.

RESTORATIVE YOGA 19:35pm Holistic Studio