## **GROUP CLASSES TIMETABLE**

**MONDAY** 

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

**SATURDAY** 

**SUNDAY** 



**RIDE Rhythm** 

06:35am Spin Studio



Les Mills **BODY PUMP** 

> 06:35am Studio 1



**POWER YOGA** 

06:35am Holistic Studio



**RIDE Rhythm** 

06:35am Spin Studio



Les Mills **BODY PUMP** 

06:35am Studio 1



**PILATES** 

07:15am Holistic Studio



**HATHA YOGA** 

13:00pm Holistic Studio



06:45am Gym Floor



**RIDE Rhythm** 

08:00am Spin Studio



06:45am Gym Floor



**PILATES** 

08:30am Holistic Studio



**HATHA YOGA** 

06:35am Holistic Studio



**RIDE Rhythm** 

08:00am Spin Studio



SHAPE

09:00am Studio 1



YOGA

07:20am Holistic Studio



**FITNESS** YOGA

08:15am Holistic Studio



**RIDE Rhythm** 

09:15am Spin Studio



Les Mills **BODY PUMP** 

09:15am Studio 1



06:45am Gym Floor



Les Mills **BODY** 68MBAT

Studio 1



YOGA

09:00am Holistic Studio



Les Mills **BODY** BALANCE

Holistic Studio



09:30am Gym Floor



09:30am Gym Floor



**STRETCH** 

09:20am Holistic Studio



**FITNESS** YOGA

08:30am Holistic Studio



**RIDE Rhythm** 

09:15am Spin Studio



Les Mills **BODY PUMP** 

> 10:00am Studio 1



Les Mills **BODY PUMP** 

09:30am Studio 1



**STEP** 

09:30am Studio 1



Les Mills **BODY** 69!MBAT

Studio 1



**RIDE Rhythm** 

09:30am Spin Studio



09:30am Gym Floor



Les Mills **BODY PUMP** 

09:30am Studio 1



**RIDE Rhythm** 

10:00am Spin Studio



**PILATES** 

09:30am Holistic Studio



**RIDE Rhythm** 

09:30am Spin Studio



Les Mills **BODY PUMP** 

10:20am Studio 1



Les Mills **BODY** BALANCE

Holistic Studio



DANCE

09:30am Studio 1



**PILATES** 

09:30am Holistic Studio



**BODY** BALANCE Holistic Studio



**RIDE Rhythm** 

09:30am Spin Studio



Les Mills

**BODY** BALANCE Holistic Studio



**STEP** 

10:15am Studio 1



**RIDE Rhythm** 

09:30am Spin Studio



**STRENGTH** power 10:00am

Gym Floor



**PILATES** 

12:00pm Holistic Studio



**STRENGTH** functional 10:30am

Studio 1



**NORDIC** 

WALKING

09:30am

Outside

**SHAPE** 

10:20am Studio 1



**SHAPE** 

12:15pm Studio 1



**SHAPE** 

11:15am Studio 1



**SHAPE** 

10:20am Studio 1



**YOGA** 

10:30am Holistic Studio



**HATHA YOGA** 

13:00pm Holistic Studio

## **GROUP CLASSES TIMETABLE**

**SUNDAY** 

## **WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY FRIDAY VINYASA PILATES HATHA YOGA PILATES PILATES** Les Mills **BODY YOGA** BALANCE 10:30am 10:20am 12:15pm 12:30pm 10:30am Holistic Studio Holistic Studio Holistic Studio Holistic Studio Holistic Studio Holistic Studio **FITNESS FITNESS AQUA** Les Mills **YOGA PILATES BODY PUMP PILATES** 11:20am 11:10am 11:30am 13:00pm 12:45pm 12:45pm Studio 1 Studio 1 Poolside Studio 1 Holistic Studio Gym Floor **SHAPE STRETCH TAI CHI HATHA YOGA** Les Mills **BODY** BALANCE 12:15pm 11:15am 13:30pm 13:30pm Holistic Studio Studio 1 Holistic Studio Holistic Studio Holistic Studio Les Mills **STRETCH DANCE ZUMBA DANCE BODY** BALANCE 12:15pm 14:00pm 14:30pm 13:30pm Holistic Studio Holistic Studio Studio 1 Studio 1 Studio 1 **PILATES PILATES YOGA DANCE PILATES** 13:15pm 12:55pm 17:25pm 18:30pm 13:30pm Holistic Studio Holistic Studio Holistic Studio Studio 1 Holistic Studio **AQUA STRETCH** HIIT **RIDE Rhythm AQUA** 13:30pm 13:45pm 18:00pm 18:30pm 13:45pm Poolside Holistic Studio Gym Floor Spin Studio Poolside **HYBR1D** Les Mills **ZUMBA AQUA PILATES BODY PUMP** 14:10pm 14:30pm 18:30pm 18:45pm 15:00pm Studio 1 Poolside Studio 1 Holistic Studio Gym Floor

Les Mills

BODY PUMP 18:30pm

Studio 1

**PILATES** 

17:25pm

Holistic Studio

**PILATES** 

18:30pm

Holistic Studio

**PILATES** 

18:45pm

Holistic Studio

**TAI CHI** 

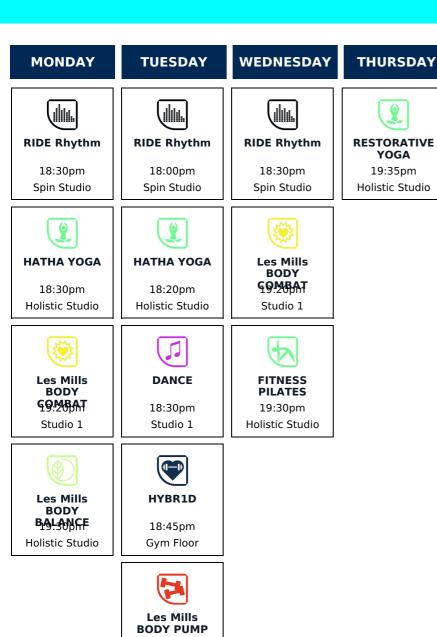
16:00pm

Holistic Studio

## **GROUP CLASSES TIMETABLE**

**YOGA** 

19:35pm



19:30pm Studio 1

VINYASA **YOGA** 17:00pm Holistic Studio

**FRIDAY** 

**SATURDAY** 

**SUNDAY** 

**STRENGTH** reps 18:00pm Gym Floor

Valid from 07/07/2025 to 11/07/2025.