













































































































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>RIDE Rhythm</b> 06:35am Spin Studio	 <b>Les Mills BODY PUMP</b> 06:35am Studio 1	 <b>POWER YOGA</b> 06:35am Holistic Studio	 <b>RIDE Rhythm</b> 06:35am Spin Studio	 <b>Les Mills BODY PUMP</b> 06:35am Studio 1	 <b>RIDE Rhythm</b> 08:00am Spin Studio	 <b>SHAPE</b> 09:00am Studio 1
 <b>HIIT</b> 06:45am Gym Floor	 <b>YOGA</b> 08:15am Holistic Studio	 <b>HIIT</b> 06:45am Gym Floor	 <b>PILATES</b> 08:30am Holistic Studio	 <b>HATHA YOGA</b> 06:35am Holistic Studio	 <b>Les Mills BODY COMBAT</b> 08:30am Studio 1	 <b>YOGA</b> 09:00am Holistic Studio
 <b>YOGA</b> 07:20am Holistic Studio	 <b>HIIT Cardio</b> 09:30am Gym Floor	 <b>HIIT Strength</b> 09:30am Gym Floor	 <b>Les Mills BODY PUMP</b> 09:15am Studio 1	 <b>HIIT</b> 06:45am Gym Floor	 <b>RIDE Rhythm</b> 09:15am Spin Studio	 <b>Les Mills BODY PUMP</b> 10:00am Studio 1
 <b>Les Mills BODY BALANCE</b> 08:30am Holistic Studio	 <b>STEP</b> 09:30am Studio 1	 <b>Les Mills BODY COMBAT</b> 09:30am Studio 1	 <b>RIDE Rhythm</b> 09:30am Spin Studio	 <b>FITNESS YOGA</b> 08:30am Holistic Studio	 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>RIDE Rhythm</b> 10:00am Spin Studio
 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>RIDE Rhythm</b> 09:30am Spin Studio	 <b>Les Mills BODY PUMP</b> 10:20am Studio 1	 <b>Les Mills BODY BALANCE</b> 10:15am Holistic Studio	 <b>HIIT Strength</b> 09:30am Gym Floor	 <b>STRENGTH</b> 10:00am Gym Floor	 <b>Les Mills BODY BALANCE</b> 11:00am Holistic Studio
 <b>PILATES</b> 09:30am Holistic Studio	 <b>NORDIC WALKING</b> 09:30am Outside	 <b>Les Mills BODY BALANCE</b> 11:30am Holistic Studio	 <b>STEP</b> 10:15am Studio 1	 <b>RIDE Rhythm</b> 09:30am Spin Studio	 <b>ZUMBA</b> 10:30am Studio 1	 <b>PILATES</b> 12:00pm Holistic Studio
 <b>RIDE Rhythm</b> 09:30am Spin Studio	 <b>SHAPE</b> 10:20am Studio 1	 <b>SHAPE</b> 12:15pm Studio 1	 <b>SHAPE</b> 11:15am Studio 1	 <b>DANCE</b> 09:30am Studio 1	 <b>YOGA</b> 10:30am Holistic Studio	 <b>HATHA YOGA</b> 13:00pm Holistic Studio
 <b>SHAPE</b> 10:30am Studio 1	 <b>PILATES</b> 10:20am Holistic Studio	 <b>HATHA YOGA</b> 12:15pm Holistic Studio	 <b>HIIT</b> 12:30pm Gym Floor	 <b>SWIMFIT</b> 10:15am Poolside	 <b>Les Mills BODY BALANCE</b> 11:35am Holistic Studio	

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>FITNESS PILATES</b> 11:20am Studio 1	 <b>FITNESS PILATES</b> 11:10am Studio 1	 <b>AQUA</b> 13:00pm Poolside	 <b>PILATES</b> 12:30pm Holistic Studio	 <b>SHAPE</b> 10:20am Studio 1	 <b>YOGA</b> 12:45pm Holistic Studio	
 <b>STRETCH</b> 12:15pm Holistic Studio	 <b>STRETCH</b> 11:15am Holistic Studio	 <b>TAI CHI</b> 13:30pm Holistic Studio	 <b>BOX</b> 12:30pm Studio 1	 <b>Les Mills BODY PUMP</b> 11:30am Studio 1		
 <b>SHAPE</b> 12:15pm Studio 1	 <b>Les Mills BODY BALANCE</b> 12:00pm Holistic Studio	 <b>DANCE</b> 14:00pm Studio 1	 <b>AQUA</b> 13:30pm Poolside	 <b>Les Mills BODY BALANCE</b> 12:30pm Holistic Studio		
 <b>PILATES</b> 13:15pm Holistic Studio	 <b>PILATES</b> 12:55pm Holistic Studio	 <b>YOGA</b> 17:25pm Holistic Studio	 <b>HATHA YOGA</b> 13:30pm Holistic Studio	 <b>PILATES</b> 13:30pm Holistic Studio		
 <b>AQUA</b> 13:45pm Poolside	 <b>STRETCH</b> 13:45pm Holistic Studio	 <b>CORE HIIT</b> 18:00pm Gym Floor	 <b>ZUMBA</b> 14:30pm Studio 1	 <b>FITSTEPS</b> 13:30pm Studio 1		
 <b>ZUMBA</b> 14:10pm Studio 1	 <b>AQUA</b> 14:30pm Poolside	 <b>PILATES</b> 18:30pm Holistic Studio	 <b>HIIT</b> 18:30pm Gym Floor	 <b>AQUA</b> 14:00pm Poolside		
 <b>POWER YOGA</b> 15:00pm Holistic Studio	 <b>PILATES</b> 17:25pm Holistic Studio	 <b>AQUA</b> 18:30pm Poolside	 <b>ZUMBA</b> 18:30pm Studio 1	 <b>TAI CHI</b> 16:00pm Holistic Studio		
 <b>Les Mills BODY PUMP</b> 18:30pm Studio 1	 <b>HATHA YOGA</b> 18:20pm Holistic Studio	 <b>Les Mills BODY PUMP</b> 18:30pm Studio 1	 <b>PILATES</b> 18:45pm Holistic Studio	 <b>Vinyasa Yoga</b> 17:00pm Studio 1		

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> <b>RIDE Rhythm</b> 18:30pm Spin Studio</div>	<div> <b>RIDE Rhythm</b> 18:30pm Spin Studio</div>	<div> <b>Les Mills BODY COMBAT</b> 19:30pm Studio 1</div>	<div> <b>RESTORATIVE YOGA</b> 19:35pm Holistic Studio</div>	<div> <b>HIIT Circuits</b> 18:00pm Gym Floor</div>		
<div> <b>HATHA YOGA</b> 18:30pm Holistic Studio</div>	<div> <b>DANCE</b> 18:30pm Studio 1</div>	<div> <b>FITNESS PILATES</b> 19:30pm Holistic Studio</div>		<div> <b>Les Mills BODY PUMP</b> 18:00pm Studio 1</div>		
<div> <b>DANCE</b> 19:25pm Studio 1</div>	<div> <b>Les Mills BODY PUMP</b> 19:30pm Studio 1</div>					
<div> <b>Les Mills BODY BALANCE</b> 19:30pm Holistic Studio</div>						

Valid from 13/05/2024 to 17/05/2024.