# **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



#### **RIDE Rhythm**

08:00am Spin Studio



#### SHAPE

09:00am Studio 1



06:45am Gym Floor



#### **YOGA**

08:15am Holistic Studio



06:45am Gym Floor



**PILATES** 

08:30am 06:35am Holistic Studio



### **HATHA YOGA**

Holistic Studio



**68MBAT** 

Studio 1

#### Les Mills YOGA **BODY**

09:00am Holistic Studio



#### YOGA

07:20am Holistic Studio



#### **HIIT Cardio**

09:30am Gym Floor



# **HIIT Strength**

09:30am Gym Floor



#### Les Mills **BODY PUMP**

09:15am Studio 1



06:45am Gym Floor



## **RIDE Rhythm**

09:15am Spin Studio



### Les Mills **BODY PUMP**

10:00am Studio 1



### Les Mills **BODY** BALANCE

Holistic Studio



#### **STEP**

09:30am Studio 1



#### Les Mills **BODY**

69.MBAT Studio 1



# **RIDE Rhythm**

09:30am Spin Studio



#### **FITNESS YOGA**

08:30am Holistic Studio



#### Les Mills **BODY PUMP**

09:30am Studio 1



#### **RIDE Rhythm**

10:00am Spin Studio



## Les Mills **BODY PUMP**

09:30am Studio 1



#### **RIDE Rhythm**

09:30am Spin Studio



# Les Mills

**BODY PUMP** 10:20am Studio 1



#### Les Mills **BODY** BALANCE

Holistic Studio



# **HIIT Strength**

09:30am Gym Floor



# **STRENGTH**

10:00am Gym Floor



#### Les Mills **BODY**

BALANCE Holistic Studio



### **PILATES**

09:30am Holistic Studio



### **NORDIC WALKING**

09:30am Outside



Les Mills **BODY** BALANCE

Holistic Studio



# STEP

10:15am Studio 1



# **RIDE Rhythm**

09:30am Spin Studio



### ZUMBA

10:30am Studio 1



# **PILATES**

12:00pm Holistic Studio



# **RIDE Rhythm**

09:30am Spin Studio



# **SHAPE**

10:20am Studio 1



# **SHAPE**

12:15pm Studio 1



# **SHAPE**

11:15am Studio 1



# **DANCE**

09:30am Studio 1



# **YOGA**

10:30am Holistic Studio



**HATHA YOGA** 

13:00pm

Holistic Studio

# **SHAPE**

10:30am Studio 1



# **PILATES**

10:20am Holistic Studio



# **HATHA YOGA**

12:15pm Holistic Studio



12:30pm

Gym Floor



10:15am Poolside



#### Les Mills **BODY** BALANCE

Holistic Studio



# **GROUP CLASSES TIMETABLE**

**SUNDAY** 

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

Les Mills

**BODY PUMP** 

18:30pm

Studio 1

**HATHA YOGA** 

18:20pm

Holistic Studio

Les Mills

**BODY PUMP** 

18:30pm

Studio 1

**PILATES** 

18:45pm

Holistic Studio

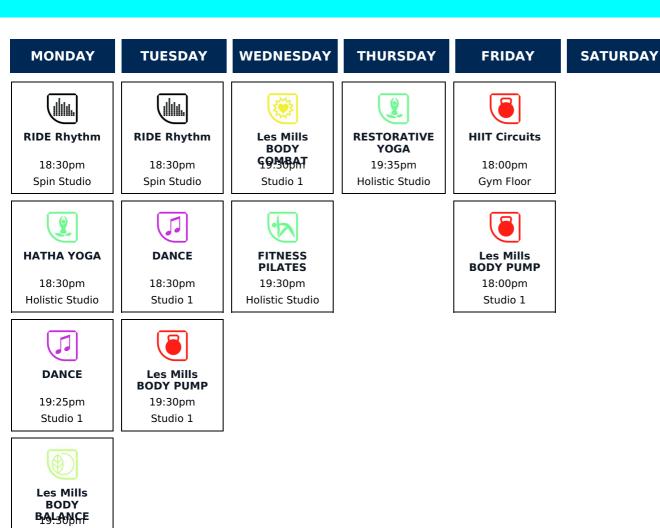
Vinyasa Yoga

17:00pm

Studio 1

# **GROUP CLASSES TIMETABLE**

**SUNDAY** 



Holistic Studio

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