GROUP CLASSES TIMETABLE

THURSDAY

MONDAY Les Mills BODY PUMP

Les Mills BODY PUMP 09:30am Studio 1



TUESDAY

Les Mills BODY 69 MBAT Studio 1



WEDNESDAY

07:00am Studio 1



09:10am Group Cycle



FRIDAY

09:15am Studio 1



SATURDAY

09:00am Group Cycle



SUNDAY

Les Mills BODY 69.MBAT Studio 1



SHAPE

10:20am Studio 1



RIDE Rhythm

09:30am Group Cycle



Les Mills BODY 69:MBAT Studio 1



SHAPE

10:00am Studio 1



YOGALATES

10:15am Studio 1



CORE

09:15am Studio 1



Les Mills BODY PUMP

09:50am Studio 1



Les Mills BODY BALANCE Studio 1



FUNCTIONAL CIRCUITS 10:30am Studio 1



Les Mills BODY PUMP 10:00am Studio 1



Les Mills BODY BALANCE Studio 1



YOGA 11:15am Studio 1



DANCE

10:15am Studio 1



STRETCH

10:45am Studio 1



YIN YOGA

13:00pm Studio 1



PILATES

11:30am Studio 1



FUNCTIONAL CIRCUITS

11:00am Studio 1



AQUA

12:00pm Pool



AQUA

12:30pm Pool



YOGALATES

11:05am Studio 1



STRENGTH power

18:15pm Studio 1



AQUA

12:30pm Pool



AQUA

13:00pm Pool



PILATES

13:30pm Studio 1



RIDE Rhythm

18:15pm Group Cycle



RIDE Rhythm

19:00pm Group Cycle



SHAPE

18:00pm Studio 1



PILATES

13:15pm Studio 1



ZUMBA

18:00pm Studio 1



ZUMBA

19:15pm Studio 1



HYBR1D

18:15pm Gym Floor



RIDE Rhythm

18:15pm Group Cycle



RIDE Rhythm

18:15pm Group Cycle



PILATES

20:00pm Studio 1



AQUA

19:00pm Pool



HYBR1D

19:00pm Gym Floor



AQUA

19:00pm Pool

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HATHA YOGA

19:00pm Studio 1



Les Mills BODY PUMP

> 19:00pm Studio 1



PILATES

19:15pm Studio 1



YOGA

19:45pm Studio 1



FUNCTIONAL CIRCUITS

07:00am Gym Floor



RIDE Rhythm

09:10am Group Cycle



SHAPE

10:00am Studio 1



Les Mills BODY BALANCE

Studio 1



AQUA

12:00pm Pool



PILATES

13:30pm Studio 1

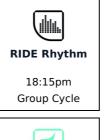


ZUMBA

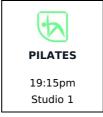
18:00pm Studio 1

GROUP CLASSES TIMETABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY







Valid from 21/04/2025 to 25/04/2025.