# **GROUP CLASSES TIMETABLE**

### MONDAY

### **TUESDAY**

## **WEDNESDAY**

## **THURSDAY**

#### **FRIDAY**

## **SATURDAY**

#### **SUNDAY**



Les Mills BODY PUMP

09:30am Studio 1



Les Mills BODY PUMP

09:30am Studio 1



Les Mills BODY 69MBAT

Studio 1



## FUNCTIONAL CIRCUITS

07:00am Gym Floor



#### **SHAPE**

09:15am Studio 1



#### **RIDE Rhythm**

09:00am Group Cycle



Les Mills BODY 69.MBAT

Studio 1



**SHAPE** 

10:30am Studio 1



## FUNCTIONAL CIRCUITS

10:30am Studio 1



#### Les Mills BODY PUMP

10:00am Studio 1



#### **RIDE Rhythm**

09:15am Group Cycle



### RIDE Rhythm

10:00am Group Cycle



#### Les Mills CORE

09:15am Studio 1



#### Les Mills BODY PUMP

09:50am Studio 1



Les Mills BODY BALANCE

Studio 1



#### **PILATES**

11:30am Studio 1



# FUNCTIONAL CIRCUITS

11:00am Studio 1



#### SHAPE

10:00am Studio 1



## YOGALATES

10:15am Studio 1



#### **DANCE**

10:15am Studio 1



### **RIDE Rhythm**

10:00am Group Cycle



#### YIN YOGA

13:00pm Studio 1



#### AQUA

12:30pm Pool



## PILATES

13:15pm Studio 1



#### Les Mills BODY BALANCE

Studio 1



#### VINYASA YOGA

11:15am Studio 1



#### **YOGALATES**

11:05am Studio 1



## STRENGTH

18:15pm Studio 1



## SHAPE

18:00pm Studio 1



#### **RIDE Rhythm**

18:15pm Group Cycle



## AQUA

12:00pm Pool



## AQUA

12:30pm Pool



## RIDE Rhythm

19:00pm Group Cycle



## HYBR1D

18:15pm Gym Floor



## HYBR1D

19:00pm Gym Floor



## PILATES

13:30pm Studio 1



## RIDE Rhythm

18:15pm Group Cycle



## ZUMBA

19:15pm Studio 1

**PILATES** 

20:00pm

Studio 1



## RIDE Rush

18:45pm Group Cycle



#### Les Mills BODY PUMP

19:00pm Studio 1



## DANCE

18:00pm Studio 1





19:00pm Pool



## YOGA

19:45pm Studio 1



#### **RIDE Rhythm**

18:15pm Group Cycle

# **GROUP CLASSES TIMETABLE**

**MONDAY** 

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

**SATURDAY** 

**SUNDAY** 



VINYASA YOGA

19:00pm Studio 1



**STRETCH** 

07:00am Studio 1



**PILATES** 

19:15pm Studio 1



Les Mills BODY 69.MBAT

Studio 1



Les Mills BODY PUMP

> 10:00am Studio 1



FUNCTIONAL CIRCUITS

11:00am Studio 1



**PILATES** 

13:15pm Studio 1



**RIDE Rhythm** 

18:15pm Group Cycle



HYBR1D

19:00pm Gym Floor

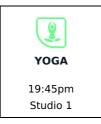


Les Mills BODY PUMP

> 19:00pm Studio 1

# **GROUP CLASSES TIMETABLE**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



Valid from 03/02/2025 to 07/02/2025.