









































GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|---|--|
|  <p>Les Mills BODY PUMP 09:30am Studio 1</p> |  <p>Les Mills BODY PUMP 09:30am Studio 1</p> |  <p>Les Mills BODY COMBAT 09:15am Studio 1</p> |  <p>FUNCTIONAL CIRCUITS 07:00am Gym Floor</p> |  <p>SHAPE 09:15am Studio 1</p> |  <p>RIDE Rhythm 09:00am Group Cycle</p> |  <p>Les Mills BODY COMBAT 09:00am Studio 1</p> |
|  <p>SHAPE 10:30am Studio 1</p> |  <p>FUNCTIONAL CIRCUITS 10:30am Studio 1</p> |  <p>Les Mills BODY PUMP 10:00am Studio 1</p> |  <p>RIDE Rhythm 09:15am Group Cycle</p> |  <p>RIDE Rhythm 10:00am Group Cycle</p> |  <p>Les Mills CORE 09:15am Studio 1</p> |  <p>Les Mills BODY PUMP 09:50am Studio 1</p> |
|  <p>Les Mills BODY BALANCE 11:20am Studio 1</p> |  <p>PILATES 11:30am Studio 1</p> |  <p>FUNCTIONAL CIRCUITS 11:00am Studio 1</p> |  <p>SHAPE 10:00am Studio 1</p> |  <p>YOGALATES 10:15am Studio 1</p> |  <p>DANCE 10:15am Studio 1</p> |  <p>RIDE Rhythm 10:00am Group Cycle</p> |
|  <p>YIN YOGA 13:00pm Studio 1</p> |  <p>AQUA 12:30pm Pool</p> |  <p>PILATES 13:15pm Studio 1</p> |  <p>Les Mills BODY BALANCE 10:45am Studio 1</p> |  <p>VINYASA YOGA 11:15am Studio 1</p> |  <p>YOGALATES 11:05am Studio 1</p> | |
|  <p>STRENGTH 18:15pm Studio 1</p> |  <p>SHAPE 18:00pm Studio 1</p> |  <p>RIDE Rhythm 18:15pm Group Cycle</p> |  <p>AQUA 12:00pm Pool</p> |  <p>AQUA 12:30pm Pool</p> | | |
|  <p>RIDE Rhythm 19:00pm Group Cycle</p> |  <p>HYBR1D 18:15pm Gym Floor</p> |  <p>HYBR1D 19:00pm Gym Floor</p> |  <p>PILATES 13:30pm Studio 1</p> |  <p>RIDE Rhythm 18:15pm Group Cycle</p> | | |
|  <p>ZUMBA 19:15pm Studio 1</p> |  <p>RIDE Rush 18:45pm Group Cycle</p> |  <p>Les Mills BODY PUMP 19:00pm Studio 1</p> |  <p>DANCE 18:00pm Studio 1</p> | | | |
|  <p>PILATES 20:00pm Studio 1</p> |  <p>AQUA 19:00pm Pool</p> |  <p>YOGA 19:45pm Studio 1</p> |  <p>RIDE Rhythm 18:15pm Group Cycle</p> | | | |

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
COMBAT**

09:15am
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



HYBRID

19:00pm
Gym Floor



**Les Mills
BODY PUMP**

19:00pm
Studio 1

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



YOGA

19:45pm
Studio 1

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