













































# GROUP CLASSES TIMETABLE

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

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**AQUA**

12:30pm  
Pool



**YOGA**

19:45pm  
Studio 1



**AQUA**

19:00pm  
Pool



**SHAPE**

18:00pm  
Studio 1



**PILATES**

19:15pm  
Studio 1



**HYBRID**

18:15pm  
Gym Floor



**AQUA**

19:00pm  
Pool



**HATHA YOGA**

19:00pm  
Studio 1

Valid from 31/03/2025 to 04/04/2025.