



































































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 07:00am Studio 3	 PILATES 08:30am Studio 2	 Les Mills BODY PUMP 06:15am Studio 1	 RIDE Rush 07:15am Studio 3	 PILATES 12:45pm Studio 2	 Les Mills BODY ATTACK 08:00am Studio 1	 Les Mills BODY PUMP 08:30am Studio 1
 PILATES 08:15am Studio 2	 HIIT Strength 09:30am Patio	 POWER YOGA 07:35am Studio 2	 HATHA FLOW YOGA 08:00am Studio 2	 STRETCH 13:35pm Studio 2	 PILATES 08:00am Studio 2	 RIDE Race 08:30am Studio 3
 STRENGTH functional 08:15am Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 PILATES 08:30am Studio 2	 Les Mills BODY ATTACK 09:00am Studio 1	 AQUA 14:00pm Poolside	 METAFIT 09:00am Patio	 METAPWR 09:30am Patio
 Les Mills BODY ATTACK 09:15am Studio 1	 RIDE Race 09:30am Studio 3	 METAFIT 09:00am Studio 1	 RIDE Race 09:15am Studio 3	 RIDE Rhythm 18:15pm Studio 3	 RIDE Race 09:00am Studio 3	 Les Mills BODY COMBAT 09:30am Studio 1
 RIDE Race 09:15am Studio 3	 HATHA FLOW YOGA 09:30am Studio 2	 Les Mills BODY PUMP 09:35am Studio 1	 PILATES 09:30am Studio 2	 STRENGTH functional 07:00am Studio 1	 VINYASA FLOW YOGA 09:00am Studio 2	 Les Mills BODY BALANCE 09:30am Studio 2
 HIIT Circuits 09:30am Patio	 GOLF 10:00am Golf Course	 Les Mills BODY BALANCE 09:35am Studio 2	 STRENGTH power 09:35am Studio 1	 RIDE Rush 08:00am Studio 3	 Les Mills BODY PUMP 09:00am Studio 1	 RIDE Race 09:30am Studio 3
 Les Mills BODY BALANCE 09:30am Studio 2	 Les Mills BODY PUMP 10:20am Studio 1	 RIDE Race 09:35am Studio 3	 Les Mills CORE 10:25am Studio 1	 Les Mills BODY BALANCE 08:00am Studio 2	 Les Mills CORE 10:05am Studio 1	 Les Mills BODY PUMP 10:20am Studio 1
 AQUA 09:45am Poolside	 Les Mills BODY BALANCE 10:35am Studio 2	 HATHA FLOW YOGA 10:30am Studio 2	 Les Mills BODY BALANCE 10:30am Studio 2	 Les Mills CORE 08:35am Studio 1	 Les Mills BODY BALANCE 10:05am Studio 2	 HATHA FLOW YOGA 10:30am Studio 2

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills CORE 10:05am Studio 1</p>	 <p>ZUMBA 11:20am Studio 1</p>	 <p>DANCE 10:35am Studio 1</p>	 <p>PILATES 11:30am Studio 2</p>	 <p>Les Mills BODY COMBAT 09:15am Studio 1</p>		 <p>ZUMBA 11:15am Studio 1</p>
 <p>YOGA 10:30am Studio 2</p>	 <p>PILATES 11:30am Studio 2</p>	 <p>MINDFULNESS & MEDITATION 11:35am Studio 2</p>	 <p>YIN YOGA 12:30pm Studio 2</p>	 <p>RIDE Rhythm 09:15am Studio 3</p>		 <p>YIN YOGA 16:00pm Studio 2</p>
 <p>Les Mills BODY PUMP 10:40am Studio 1</p>	 <p>TAI CHI 12:30pm Studio 1</p>	 <p>SHAPE 12:00pm Studio 1</p>	 <p>MINDFULNESS & MEDITATION 15:30pm Studio 2</p>	 <p>YOGA 09:20am Studio 2</p>		 <p>MINDFULNESS & MEDITATION 17:00pm Studio 2</p>
 <p>Les Mills BODY BALANCE 11:55am Studio 2</p>	 <p>STRETCH 13:00pm Studio 2</p>	 <p>PILATES 12:30pm Studio 2</p>	 <p>SHAPE 15:00pm Studio 1</p>	 <p>HIIT Circuits 09:30am Patio</p>		
 <p>SHAPE 11:40am Studio 1</p>	 <p>TAI CHI 13:45pm Studio 1</p>	 <p>STRENGTH functional 13:00pm Studio 1</p>	 <p>NEW TO YOGA 16:00pm Studio 2</p>	 <p>Les Mills BODY PUMP 10:10am Studio 1</p>		
 <p>PILATES 12:30pm Studio 2</p>	 <p>PILATES 14:00pm Studio 2</p>	 <p>STRETCH 13:20pm Studio 2</p>	 <p>Les Mills BODY BALANCE 17:30pm Studio 2</p>	 <p>Les Mills BODY BALANCE 10:20am Studio 2</p>		
 <p>MINDFULNESS & MEDITATION 13:30pm Studio 2</p>	 <p>Les Mills BODY BALANCE 17:30pm Studio 2</p>	 <p>AQUA 14:00pm Poolside</p>	 <p>STRENGTH reps 17:30pm Studio 1</p>	 <p>SHAPE 11:30am Studio 1</p>		
 <p>LINE DANCING 13:30pm Studio 1</p>	 <p>METAFIT 17:45pm Studio 1</p>	 <p>PILATES 15:00pm Studio 2</p>	 <p>Les Mills BODY COMBAT 18:30pm Studio 1</p>	 <p>RESTORATIVE YOGA 11:30am Studio 2</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 FloatFit BALANCE 14:00pm Poolside	 STEP 18:30pm Studio 1	 STRENGTH 16:45pm Studio 1	 PILATES 18:30pm Studio 2	 PILATES 12:45pm Studio 2		
 LINE DANCING 14:20pm Studio 1	 VINYASA FLOW YOGA 18:30pm Studio 2	 Les Mills BODY COMBAT 18:00pm Studio 1	 RIDE Race 18:30pm Studio 3	 STRETCH 13:35pm Studio 2		
 FloatFit BALANCE 14:30pm Poolside	 Les Mills BODY PUMP 19:20pm Studio 1	 PILATES 18:00pm Studio 2	 Les Mills BODY PUMP 19:20pm Studio 1	 AQUA 14:00pm Poolside		
 NEW TO YOGA 14:30pm Studio 2	 MINDFULNESS & MEDITATION 19:30pm Studio 2	 RIDE Race 18:00pm Studio 3	 PILATES 19:30pm Studio 2	 RIDE Rhythm 18:15pm Studio 3		
 STRENGTH reps 17:15pm Studio 1	 PILATES 20:15pm Studio 2	 HYBR1D 18:10pm Gym Floor	 FloatFit HIIT 19:30pm Poolside			
 Les Mills BODY BALANCE 18:00pm Studio 2		 DANCE 18:55pm Studio 1	 FloatFit HIIT 20:00pm Poolside			
 ZUMBA 18:10pm Studio 1		 Les Mills BODY BALANCE 18:55pm Studio 2				
 RIDE Rhythm 18:15pm Studio 3		 BOX 19:00pm Patio				

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

19:00pm
Studio 2



STRETCH

19:45pm
Studio 2



**Les Mills
BODY
COMBAT**

19:00pm
Studio 1

Valid from 24/03/2025 to 28/03/2025.