






































































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rhythm 07:00am Studio 3</p>	 <p>PILATES 08:30am Studio 2</p>	 <p>Les Mills BODY PUMP 06:15am Studio 1</p>	 <p>RIDE Rush 07:15am Studio 3</p>	 <p>Les Mills BODY COMBAT 08:15am Studio 1</p>	 <p>Les Mills BODY ATTACK 08:00am Studio 1</p>	 <p>Les Mills BODY PUMP 08:30am Studio 1</p>
 <p>STRENGTH 08:15am Studio 1</p>	 <p>HIIT Strength 09:30am Patio</p>	 <p>POWER YOGA 07:35am Studio 2</p>	 <p>HATHA FLOW YOGA 08:00am Studio 2</p>	 <p>RIDE Rhythm 09:15am Studio 3</p>	 <p>PILATES 08:00am Studio 2</p>	 <p>RIDE Race 08:30am Studio 3</p>
 <p>PILATES 08:15am Studio 2</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>	 <p>PILATES 08:30am Studio 2</p>	 <p>Les Mills BODY ATTACK 09:00am Studio 1</p>	 <p>YOGA 09:20am Studio 2</p>	 <p>HYBRID 08:00am Patio</p>	 <p>METAPWR 09:30am Patio</p>
 <p>Les Mills BODY ATTACK 09:15am Studio 1</p>	 <p>RIDE Race 09:30am Studio 3</p>	 <p>METAFIT 09:00am Studio 1</p>	 <p>RIDE Race 09:15am Studio 3</p>	 <p>METAPWR 09:30am Patio</p>	 <p>METAFIT 09:00am Patio</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>
 <p>RIDE Race 09:15am Studio 3</p>	 <p>HATHA FLOW YOGA 09:30am Studio 2</p>	 <p>Les Mills BODY PUMP 09:35am Studio 1</p>	 <p>PILATES 09:30am Studio 2</p>	 <p>Les Mills BODY PUMP 10:10am Studio 1</p>	 <p>RIDE Race 09:00am Studio 3</p>	 <p>Les Mills BODY BALANCE 09:50am Studio 2</p>
 <p>METAPWR 09:30am Patio</p>	 <p>GOLF 10:00am Golf Course</p>	 <p>RIDE Race 09:35am Studio 3</p>	 <p>STRENGTH 09:35am Studio 1</p>	 <p>Les Mills BODY BALANCE 10:20am Studio 2</p>	 <p>VINYASA FLOW YOGA 09:00am Studio 2</p>	 <p>RIDE Race 09:30am Studio 3</p>
 <p>Les Mills BODY BALANCE 09:50am Studio 2</p>	 <p>Les Mills BODY PUMP 10:20am Studio 1</p>	 <p>Les Mills BODY BALANCE 09:55am Studio 2</p>	 <p>OUTDOOR 09:45am Back Field</p>	 <p>SHAPE 11:30am Studio 1</p>	 <p>Les Mills BODY PUMP 09:00am Studio 1</p>	 <p>Les Mills BODY PUMP 10:20am Studio 1</p>
 <p>AQUA 09:45am Poolside</p>	 <p>Les Mills BODY BALANCE 10:35am Studio 2</p>	 <p>HATHA FLOW YOGA 10:30am Studio 2</p>	 <p>Les Mills CORE 10:25am Studio 1</p>	 <p>RESTORATIVE YOGA 11:30am Studio 2</p>	 <p>Les Mills CORE 10:05am Studio 1</p>	 <p>HATHA FLOW YOGA 10:30am Studio 2</p>

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills CORE 10:05am Studio 1	 ZUMBA 11:20am Studio 1	 DANCE 10:35am Studio 1	 Les Mills BODY BALANCE 10:30am Studio 2	 PILATES 12:45pm Studio 2	 Les Mills BODY BALANCE 10:05am Studio 2	 ZUMBA 11:15am Studio 1
 YOGA 10:30am Studio 2	 PILATES 11:30am Studio 2	 MINDFULNESS & MEDITATION 11:35am Studio 2	 PILATES 11:30am Studio 2	 STRETCH 13:35pm Studio 2		 YIN YOGA 16:00pm Studio 2
 Les Mills BODY PUMP 10:40am Studio 1	 TAI CHI 12:30pm Studio 1	 SHAPE 12:00pm Studio 1	 YIN YOGA 12:30pm Studio 2	 AQUA 14:00pm Poolside		 MINDFULNESS & MEDITATION 17:00pm Studio 2
 Les Mills BODY BALANCE 11:55am Studio 2	 TAI CHI 13:45pm Studio 1	 PILATES 12:30pm Studio 2	 MINDFULNESS & MEDITATION 13:30pm Studio 2	 RIDE Rhythm 18:15pm Studio 3		
 SHAPE 11:40am Studio 1	 PILATES 14:00pm Studio 2	 STRENGTH 13:00pm Studio 1	 AQUA 14:00pm Poolside	 STRENGTH 07:00am Studio 1		
 PILATES 12:30pm Studio 2	 Les Mills BODY BALANCE 17:30pm Studio 2	 STRETCH 13:20pm Studio 2	 SHAPE 15:00pm Studio 1	 RIDE Rush 08:00am Studio 3		
 LINE DANCING 13:30pm Studio 1	 METAFIT 17:45pm Studio 1	 AQUA 14:00pm Poolside	 NEW TO YOGA 16:00pm Studio 2	 Les Mills BODY BALANCE 08:00am Studio 2		
 MINDFULNESS & MEDITATION 13:30pm Studio 2	 STEP 18:30pm Studio 1	 STRENGTH 16:45pm Studio 1	 Les Mills BODY BALANCE 17:30pm Studio 2	 Les Mills BODY COMBAT 09:15am Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 LINE DANCING 14:20pm Studio 1	 VINYASA FLOW YOGA 18:30pm Studio 2	 Les Mills BODY COMBAT 18:00pm Studio 1	 STRENGTH 17:30pm Studio 1	 RIDE Rhythm 09:15am Studio 3		
 NEW TO YOGA 14:30pm Studio 2	 Les Mills BODY PUMP 19:20pm Studio 1	 PILATES 18:00pm Studio 2	 PILATES 18:30pm Studio 2	 YOGA 09:20am Studio 2		
 STRENGTH 17:15pm Studio 1	 MINDFULNESS & MEDITATION 19:30pm Studio 2	 RIDE Race 18:00pm Studio 3	 Les Mills BODY COMBAT 18:30pm Studio 1	 METAPWR 09:30am Patio		
 Les Mills BODY BALANCE 18:00pm Studio 2	 PILATES 20:15pm Studio 2	 HYBR1D 18:00pm Patio	 RIDE Race 18:30pm Studio 3	 Les Mills BODY PUMP 10:10am Studio 1		
 ZUMBA 18:10pm Studio 1		 DANCE 18:55pm Studio 1	 Les Mills BODY PUMP 19:20pm Studio 1	 Les Mills BODY BALANCE 10:20am Studio 2		
 HYBR1D 18:15pm Patio		 Les Mills BODY BALANCE 18:55pm Studio 2	 PILATES 19:30pm Studio 2	 SHAPE 11:30am Studio 1		
 RIDE Rhythm 18:15pm Studio 3		 BOX 19:00pm Patio		 RESTORATIVE YOGA 11:30am Studio 2		
 Les Mills BODY COMBAT 19:00pm Studio 1		 STRETCH 19:45pm Studio 2		 PILATES 12:45pm Studio 2		

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

19:00pm
Studio 2



STRETCH

13:35pm
Studio 2



AQUA

14:00pm
Poolside



RIDE Rhythm

18:15pm
Studio 3

Valid from 16/12/2024 to 20/12/2024.