
































































































































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 |  STRENGTH functional 07:00am Studio 1 |  HYBRID 08:00am Gym Floor |  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 |  RIDE Rush 08:00am Studio 3 |  Les Mills BODY ATTACK 08:00am Studio 1 |  RIDE Race 08:30am Studio 3 |
|  STRENGTH functional 08:15am Studio 1 |  HIIT Cardio 09:30am Studio 1 |  PILATES 08:30am Studio 2 |  Les Mills BODY ATTACK 09:00am Studio 1 |  Les Mills BODY BALANCE 08:00am Studio 2 |  PILATES 08:00am Studio 2 |  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 |  Les Mills CORE 08:35am Studio 1 |  METAFIT 09:00am Patio |  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 |  Les Mills BODY COMBAT 09:15am Studio 1 |  RIDE Race 09:00am Studio 3 |  Les Mills BODY BALANCE 09:50am Studio 2 |
|  HIIT Circuits 09:30am Patio |  GOLF 10:00am Golf Course |  Les Mills BODY BALANCE 09:55am Studio 2 |  STRENGTH power 09:35am Studio 1 |  RIDE Rhythm 09:15am Studio 3 |  VINYASA FLOW YOGA 09:00am Studio 2 |  RIDE Race 09:30am Studio 3 |
|  Les Mills BODY BALANCE 09:50am Studio 2 |  Les Mills BODY PUMP 10:20am Studio 1 |  RIDE Race 09:35am Studio 3 |  OUTDOOR 09:45am Back Field |  YOGA 09:20am Studio 2 |  Les Mills BODY PUMP 09:00am 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 CORE 10:25am Studio 1 |  HIIT Circuits 09:30am Patio |  Les Mills CORE 10:05am Studio 1 |  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>SHAPE 11:20am Studio 1</p> |  <p>DANCE 10:35am Studio 1</p> |  <p>Les Mills BODY BALANCE 10:30am Studio 2</p> |  <p>Les Mills BODY PUMP 10:10am Studio 1</p> |  <p>Les Mills BODY BALANCE 10:05am Studio 2</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 11:55am Studio 2</p> |  <p>PILATES 11:30am Studio 2</p> |  <p>Les Mills BODY BALANCE 10:20am Studio 2</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>YIN YOGA 12:30pm Studio 2</p> |  <p>SHAPE 11:30am Studio 1</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>MINDFULNESS & MEDITATION 13:30pm Studio 2</p> |  <p>RESTORATIVE YOGA 11:30am Studio 2</p> | | |
|  <p>SHAPE 11:40am Studio 1</p> |  <p>TAI CHI 13:45pm Studio 1</p> |  <p>STRENGTH functional 13:00pm Patio</p> |  <p>AQUA 14:00pm Poolside</p> |  <p>PILATES 12:45pm Studio 2</p> | | |
|  <p>PILATES 12:30pm Studio 2</p> |  <p>PILATES 14:00pm Studio 2</p> |  <p>STRETCH 13:20pm Studio 2</p> |  <p>SHAPE 15:00pm Studio 1</p> |  <p>STRETCH 13:35pm 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>NEW TO YOGA 16:00pm Studio 2</p> |  <p>AQUA 14:00pm Poolside</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 BALANCE 17:30pm Studio 2</p> |  <p>RIDE Rhythm 18:15pm Studio 3</p> | | |

GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



STRETCH

19:45pm
Studio 2

Valid from 17/02/2025 to 21/02/2025.