












































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 STRETCH 12:15pm Holistic Studio	 Les Mills BODY PUMP 06:35am Studio 1	 POWER YOGA 06:35am Holistic Studio	 RIDE Rhythm 06:35am Spin Studio	 Les Mills BODY PUMP 06:35am Studio 1	 RIDE Rhythm 08:00am Spin Studio	 SHAPE 09:00am Studio 1
 SHAPE 12:15pm Studio 1	 YOGA 08:15am Holistic Studio	 HIIT 06:45am Gym Floor	 PILATES 08:30am Holistic Studio	 HATHA YOGA 06:35am Holistic Studio	 Les Mills BODY COMBAT 08:30am Studio 1	 YOGA 09:00am Holistic Studio
 PILATES 13:15pm Holistic Studio	 HIIT Cardio 09:30am Gym Floor	 HIIT Strength 09:30am Gym Floor	 Les Mills BODY PUMP 09:15am Studio 1	 HIIT 06:45am Gym Floor	 RIDE Rhythm 09:15am Spin Studio	 Les Mills BODY PUMP 10:00am Studio 1
 AQUA 13:45pm Poolside	 STEP 09:30am Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 FITNESS YOGA 08:30am Holistic Studio	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 10:00am Spin Studio
 ZUMBA 14:10pm Studio 1	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY PUMP 10:20am Studio 1	 Les Mills BODY BALANCE 10:15am Holistic Studio	 HIIT Strength 09:30am Gym Floor	 STRENGTH 10:00am Gym Floor	 Les Mills BODY BALANCE 11:00am Holistic Studio
 POWER YOGA 15:00pm Holistic Studio	 NORDIC WALKING 09:30am Outside	 Les Mills BODY BALANCE 11:15am Holistic Studio	 STEP 10:15am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 ZUMBA 10:30am Studio 1	 PILATES 12:00pm Holistic Studio
 Les Mills BODY PUMP 18:30pm Studio 1	 SHAPE 10:20am Studio 1	 SHAPE 12:15pm Studio 1	 SHAPE 11:15am Studio 1	 DANCE 09:30am Studio 1	 YOGA 10:30am Holistic Studio	 HATHA YOGA 13:00pm Holistic Studio
 RIDE Rhythm 18:30pm Spin Studio	 PILATES 10:20am Holistic Studio	 HATHA YOGA 12:15pm Holistic Studio	 HIIT 12:30pm Gym Floor	 SWIMFIT 10:15am Poolside	 Les Mills BODY BALANCE 11:35am Holistic Studio	

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HATHA YOGA 18:30pm Holistic Studio	 FITNESS PILATES 11:10am Studio 1	 AQUA 13:00pm Poolside	 PILATES 12:30pm Holistic Studio	 SHAPE 10:20am Studio 1	 YOGA 12:45pm Holistic Studio	
 DANCE 19:25pm Studio 1	 STRETCH 11:15am Holistic Studio	 TAI CHI 13:30pm Holistic Studio	 BOX 12:30pm Studio 1	 Les Mills BODY PUMP 11:30am Studio 1		
 Les Mills BODY BALANCE 19:30pm Holistic Studio	 Les Mills BODY BALANCE 12:00pm Holistic Studio	 DANCE 14:00pm Studio 1	 AQUA 13:30pm Poolside	 Les Mills BODY BALANCE 12:30pm Holistic Studio		
 Les Mills BODY BALANCE 08:30am Holistic Studio	 PILATES 12:55pm Holistic Studio	 YOGA 17:25pm Holistic Studio	 HATHA YOGA 13:30pm Holistic Studio	 PILATES 13:30pm Holistic Studio		
 Les Mills BODY PUMP 09:30am Studio 1	 STRETCH 13:45pm Holistic Studio	 CORE HIIT 18:00pm Gym Floor	 ZUMBA 14:30pm Studio 1	 FITSTEPS 13:30pm Studio 1		
 PILATES 09:30am Holistic Studio	 AQUA 14:30pm Poolside	 PILATES 18:30pm Holistic Studio	 HIIT 18:30pm Gym Floor	 AQUA 14:00pm Poolside		
 RIDE Rhythm 09:30am Spin Studio	 PILATES 17:25pm Holistic Studio	 AQUA 18:30pm Poolside	 ZUMBA 18:30pm Studio 1	 TAI CHI 16:00pm Holistic Studio		
 SHAPE 10:30am Studio 1	 HATHA YOGA 18:20pm Holistic Studio	 Les Mills BODY PUMP 18:30pm Studio 1	 PILATES 18:45pm Holistic Studio	 Vinyasa Yoga 17:00pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div></div> <div>FITNESS PILATES</div> <div>11:20am</div> <div>Studio 1</div>	<div></div> <div>RIDE Rhythm</div> <div>18:30pm</div> <div>Spin Studio</div>	<div></div> <div>Les Mills BODY COMBAT</div> <div>19:30pm</div> <div>Studio 1</div>	<div></div> <div>RESTORATIVE YOGA</div> <div>19:35pm</div> <div>Holistic Studio</div>	<div></div> <div>HIIT Circuits</div> <div>18:00pm</div> <div>Gym Floor</div>		
<div></div> <div>STRETCH</div> <div>12:15pm</div> <div>Holistic Studio</div>	<div></div> <div>DANCE</div> <div>18:30pm</div> <div>Studio 1</div>	<div></div> <div>FITNESS PILATES</div> <div>19:30pm</div> <div>Holistic Studio</div>		<div></div> <div>Les Mills BODY PUMP</div> <div>18:00pm</div> <div>Studio 1</div>		
<div></div> <div>SHAPE</div> <div>12:15pm</div> <div>Studio 1</div>	<div></div> <div>Les Mills BODY PUMP</div> <div>19:30pm</div> <div>Studio 1</div>					

Valid from 20/05/2024 to 24/05/2024.