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



06:45am Gym Floor



PILATES

08:30am Holistic Studio



HATHA YOGA

06:35am Holistic Studio



BODY 68MBAT

Studio 1

Les Mills 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



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**

69MBAT 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

Holistic Studio



HIIT Strength

09:30am Gym Floor



STRENGTH

10:00am Gym Floor



Les Mills **BODY** BALANCE

Holistic Studio



POWER YOGA

15:00pm Holistic Studio



NORDIC WALKING

09:30am Outside



Les Mills **BODY** BALANCE

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



12:30pm

Gym Floor





10:15am Poolside



Les Mills **BODY** BALANCE

Holistic Studio



GROUP CLASSES TIMETABLE

SUNDAY

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

SHAPE

10:30am

Studio 1

HATHA YOGA

18:20pm

Holistic Studio

Les Mills

BODY PUMP

18:30pm

Studio 1

PILATES

18:45pm

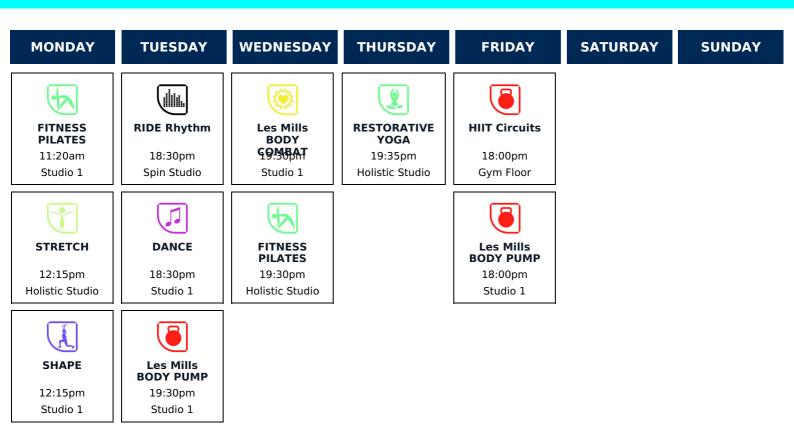
Holistic Studio

Vinyasa Yoga

17:00pm

Studio 1

GROUP CLASSES TIMETABLE



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