MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills **BODY PUMP**

18:30pm Studio 1



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



RIDE Rhythm

18:30pm Spin Studio



YOGA

08:15am Holistic Studio



06:45am Gym Floor



PILATES

08:30am Holistic Studio



HATHA YOGA

06:35am Holistic Studio



Les Mills **BODY**

68MBAT Studio 1



YOGA

09:00am Holistic Studio



HATHA YOGA

18:30pm Holistic Studio



09:30am Gym Floor



RIDE Rhythm

09:15am Spin Studio



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



Les Mills **BODY GOMBAT**

Studio 1



09:30am Studio 1



09:30am Gym Floor



STRETCH

09:20am Holistic Studio



FITNESS YOGA

08:30am Holistic Studio



Les Mills **BODY PUMP**

09:30am Studio 1



RIDE Rhythm

10:00am Spin Studio



Les Mills **BODY** BALANCE

Holistic Studio



RIDE Rhythm

09:30am Spin Studio



Les Mills **BODY** 69!MBAT

Studio 1



RIDE Rhythm

09:30am Spin Studio



09:30am Gym Floor



PILATES

09:30am Holistic Studio



Les Mills **BODY** BALANCE

Holistic Studio



RIDE Rhythm

06:35am Spin Studio



NORDIC WALKING

09:30am Outside



Les Mills **BODY PUMP**

> 10:20am Studio 1



Les Mills **BODY** BALANCE

Holistic Studio



DANCE

09:30am Studio 1



STRENGTH

10:00am Gym Floor



12:00pm Holistic Studio



06:45am Gym Floor



Les Mills

BODY BALANCE Holistic Studio



STEP 10:15am

Studio 1

RIDE Rhythm

09:30am

Spin Studio



YOGA

10:30am Holistic Studio



HATHA YOGA

13:00pm Holistic Studio



YOGA

07:20am Holistic Studio



SHAPE

10:20am

Studio 1

PILATES

10:20am Holistic Studio



12:15pm Studio 1



SHAPE

11:15am



SHAPE

10:20am Studio 1



Les Mills **BODY** BALANCE Holistic Studio





SHAPE

Studio 1

SUNDAY

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

SHAPE

12:15pm

Studio 1

HATHA YOGA

18:20pm

Holistic Studio

PILATES

18:30pm

Holistic Studio

RIDE Rhythm

18:30pm

Spin Studio

TAI CHI

16:00pm

Holistic Studio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

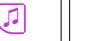
SATURDAY

SUNDAY



STRETCH

12:15pm Holistic Studio



DANCE

18:30pm Studio 1



RIDE Rhythm

18:30pm Spin Studio



HYBR1D

18:45pm Gym Floor



VINYASA **YOGA**

17:00pm Holistic Studio



PILATES

13:15pm **Holistic Studio**



HYBR1D

18:45pm Gym Floor



Les Mills **BODY**

GOMBAT Studio 1



PILATES

18:45pm Holistic Studio



18:00pm Gym Floor



AQUA

13:30pm Poolside



Les Mills **BODY PUMP**

> 19:30pm Studio 1



FITNESS PILATES

19:30pm Holistic Studio



RESTORATIVE YOGA

19:35pm Holistic Studio



ZUMBA

14:10pm Studio 1



Les Mills **BODY PUMP**

> 18:30pm Studio 1



RIDE Rhythm

18:30pm Spin Studio



HATHA YOGA

18:30pm **Holistic Studio**



Les Mills **BODY 49.MBAT**

Studio 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Valid from 20/01/2025 to 24/01/2025.