






















































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 06:35am Spin Studio	 Les Mills BODY PUMP 06:35am Studio 1	 POWER YOGA 06:35am Holistic Studio	 RIDE Rhythm 06:35am Spin Studio	 HIIT 09:30am Gym Floor	 RIDE Rhythm 08:00am Spin Studio	 SHAPE 09:00am Studio 1
 HIIT 06:45am Gym Floor	 YOGA 08:15am Holistic Studio	 HIIT 06:45am Gym Floor	 PILATES 08:30am Holistic Studio	 DANCE 09:30am Studio 1	 Les Mills BODY COMBAT 08:30am Studio 1	 YOGA 09:00am Holistic Studio
 YOGA 07:20am Holistic Studio	 HIIT 09:30am Gym Floor	 RIDE Rhythm 09:15am Spin Studio	 Les Mills BODY PUMP 09:15am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 RIDE Rhythm 09:15am Spin Studio	 Les Mills BODY PUMP 10:00am Studio 1
 Les Mills BODY BALANCE 08:30am Holistic Studio	 STEP 09:30am Studio 1	 HIIT 09:30am Gym Floor	 STRETCH 09:20am Holistic Studio	 SHAPE 10:20am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 10:00am Spin Studio
 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 Les Mills BODY COMBAT 09:30am Studio 1	 RIDE Rhythm 09:30am Spin Studio	 PILATES 10:30am Holistic Studio	 PILATES 09:30am Holistic Studio	 Les Mills BODY BALANCE 11:00am Holistic Studio
 PILATES 09:30am Holistic Studio	 NORDIC WALKING 09:30am Outside	 Les Mills BODY PUMP 10:20am Studio 1	 Les Mills BODY BALANCE 10:15am Holistic Studio	 Les Mills BODY PUMP 11:30am Studio 1	 STRENGTH 10:00am Gym Floor	 PILATES 12:00pm Holistic Studio
 RIDE Rhythm 09:30am Spin Studio	 SHAPE 10:20am Studio 1	 Les Mills BODY BALANCE 11:15am Holistic Studio	 STEP 10:15am Studio 1	 Les Mills BODY BALANCE 12:30pm Holistic Studio	 YOGA 10:30am Holistic Studio	 HATHA YOGA 13:00pm Holistic Studio
 SHAPE 10:30am Studio 1	 PILATES 10:20am Holistic Studio	 SHAPE 12:15pm Studio 1	 SHAPE 11:15am Studio 1	 PILATES 13:30pm Holistic Studio	 Les Mills BODY BALANCE 11:35am Holistic Studio	









GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 YOGA 10:30am Holistic Studio	 FITNESS PILATES 11:10am Studio 1	 HATHA YOGA 12:15pm Holistic Studio	 BOX 12:30pm Studio 1	 FITSTEPS 13:30pm Studio 1	 YOGA 12:45pm Holistic Studio	
 FITNESS PILATES 11:20am Studio 1	 STRETCH 11:15am Holistic Studio	 AQUA 13:00pm Poolside	 PILATES 12:30pm Holistic Studio	 AQUA 13:45pm Poolside		
 SHAPE 12:15pm Studio 1	 Les Mills BODY BALANCE 12:00pm Holistic Studio	 TAI CHI 13:30pm Holistic Studio	 HIIT 12:45pm Gym Floor	 PILATES 15:00pm Holistic Studio		
 STRETCH 12:15pm Holistic Studio	 PILATES 12:55pm Holistic Studio	 DANCE 14:00pm Studio 1	 AQUA 13:30pm Poolside	 TAI CHI 16:00pm Holistic Studio		
 PILATES 13:15pm Holistic Studio	 STRETCH 13:45pm Holistic Studio	 YOGA 17:25pm Holistic Studio	 HATHA YOGA 13:30pm Holistic Studio	 VINYASA YOGA 17:00pm Holistic Studio		
 AQUA 13:30pm Poolside	 AQUA 14:30pm Poolside	 HIIT 18:00pm Gym Floor	 ZUMBA 14:30pm Studio 1	 HIIT 18:00pm Gym Floor		
 ZUMBA 14:10pm Studio 1	 PILATES 17:25pm Holistic Studio	 Les Mills BODY PUMP 18:30pm Studio 1	 DANCE 18:30pm Studio 1	 Les Mills BODY PUMP 18:00pm Studio 1		
 POWER YOGA 15:00pm Holistic Studio	 HATHA YOGA 18:20pm Holistic Studio	 PILATES 18:30pm Holistic Studio	 HYBRID 18:45pm Gym Floor	 Les Mills BODY PUMP 06:35am Studio 1		



GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> Les Mills BODY PUMP 18:30pm Studio 1</div>	<div> DANCE 18:30pm Studio 1</div>	<div> RIDE Rhythm 18:30pm Spin Studio</div>	<div> PILATES 18:45pm Holistic Studio</div>	<div> HATHA YOGA 06:35am Holistic Studio</div>		
<div> RIDE Rhythm 18:30pm Spin Studio</div>	<div> HYBR1D 18:45pm Gym Floor</div>	<div> Les Mills BODY COMBAT 19:20pm Studio 1</div>	<div> RESTORATIVE YOGA 19:35pm Holistic Studio</div>	<div> HIIT 06:45am Gym Floor</div>		
<div> HATHA YOGA 18:30pm Holistic Studio</div>	<div> Les Mills BODY PUMP 19:30pm Studio 1</div>	<div> FITNESS PILATES 19:30pm Holistic Studio</div>		<div> FITNESS YOGA 08:30am Holistic Studio</div>		
<div> Les Mills BODY COMBAT 19:20pm Studio 1</div>				<div> HIIT 09:30am Gym Floor</div>		
<div> Les Mills BODY BALANCE 19:30pm Holistic Studio</div>				<div> DANCE 09:30am Studio 1</div>		
				<div> RIDE Rhythm 09:30am Spin Studio</div>		
				<div> SHAPE 10:20am Studio 1</div>		
				<div> PILATES 10:30am Holistic Studio</div>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<div><p>Les Mills BODY PUMP 11:30am Studio 1</p></div>		
				<div><p>Les Mills BODY BALANCE 12:30pm Holistic Studio</p></div>		
				<div><p>PILATES 13:30pm Holistic Studio</p></div>		
				<div><p>FITSTEPS 13:30pm Studio 1</p></div>		
				<div><p>AQUA 13:45pm Poolside</p></div>		
				<div><p>PILATES 15:00pm Holistic Studio</p></div>		
				<div><p>TAI CHI 16:00pm Holistic Studio</p></div>		
				<div><p>VINYASA YOGA 17:00pm Holistic Studio</p></div>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<div><p>HIIT</p><p>18:00pm Gym Floor</p></div>		
				<div><p>Les Mills BODY PUMP</p><p>18:00pm Studio 1</p></div>		

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