

















































































































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Les Mills BODY PUMP</b> 18:30pm Studio 1</p>	 <p><b>Les Mills BODY PUMP</b> 06:35am Studio 1</p>	 <p><b>POWER YOGA</b> 06:35am Holistic Studio</p>	 <p><b>RIDE Rhythm</b> 06:35am Spin Studio</p>	 <p><b>Les Mills BODY PUMP</b> 06:35am Studio 1</p>	 <p><b>RIDE Rhythm</b> 08:00am Spin Studio</p>	 <p><b>SHAPE</b> 09:00am Studio 1</p>
 <p><b>RIDE Rhythm</b> 18:30pm Spin Studio</p>	 <p><b>YOGA</b> 08:15am Holistic Studio</p>	 <p><b>HIIT</b> 06:45am Gym Floor</p>	 <p><b>PILATES</b> 08:30am Holistic Studio</p>	 <p><b>HATHA YOGA</b> 06:35am Holistic Studio</p>	 <p><b>Les Mills BODY COMBAT</b> 08:30am Studio 1</p>	 <p><b>YOGA</b> 09:00am Holistic Studio</p>
 <p><b>HATHA YOGA</b> 18:30pm Holistic Studio</p>	 <p><b>HIIT</b> 09:30am Gym Floor</p>	 <p><b>RIDE Rhythm</b> 09:15am Spin Studio</p>	 <p><b>Les Mills BODY PUMP</b> 09:15am Studio 1</p>	 <p><b>HIIT</b> 06:45am Gym Floor</p>	 <p><b>RIDE Rhythm</b> 09:15am Spin Studio</p>	 <p><b>Les Mills BODY PUMP</b> 10:00am Studio 1</p>
 <p><b>Les Mills BODY COMBAT</b> 19:20pm Studio 1</p>	 <p><b>STEP</b> 09:30am Studio 1</p>	 <p><b>HIIT</b> 09:30am Gym Floor</p>	 <p><b>STRETCH</b> 09:20am Holistic Studio</p>	 <p><b>FITNESS YOGA</b> 08:30am Holistic Studio</p>	 <p><b>Les Mills BODY PUMP</b> 09:30am Studio 1</p>	 <p><b>RIDE Rhythm</b> 10:00am Spin Studio</p>
 <p><b>Les Mills BODY BALANCE</b> 19:30pm Holistic Studio</p>	 <p><b>RIDE Rhythm</b> 09:30am Spin Studio</p>	 <p><b>Les Mills BODY COMBAT</b> 09:30am Studio 1</p>	 <p><b>RIDE Rhythm</b> 09:30am Spin Studio</p>	 <p><b>HIIT</b> 09:30am Gym Floor</p>	 <p><b>PILATES</b> 09:30am Holistic Studio</p>	 <p><b>Les Mills BODY BALANCE</b> 11:00am Holistic Studio</p>
 <p><b>RIDE Rhythm</b> 06:35am Spin Studio</p>	 <p><b>NORDIC WALKING</b> 09:30am Outside</p>	 <p><b>Les Mills BODY PUMP</b> 10:20am Studio 1</p>	 <p><b>Les Mills BODY BALANCE</b> 10:15am Holistic Studio</p>	 <p><b>DANCE</b> 09:30am Studio 1</p>	 <p><b>STRENGTH</b> 10:00am Gym Floor</p>	 <p><b>PILATES</b> 12:00pm Holistic Studio</p>
 <p><b>HIIT</b> 06:45am Gym Floor</p>	 <p><b>SHAPE</b> 10:20am Studio 1</p>	 <p><b>Les Mills BODY BALANCE</b> 11:15am Holistic Studio</p>	 <p><b>STEP</b> 10:15am Studio 1</p>	 <p><b>RIDE Rhythm</b> 09:30am Spin Studio</p>	 <p><b>YOGA</b> 10:30am Holistic Studio</p>	 <p><b>HATHA YOGA</b> 13:00pm Holistic Studio</p>
 <p><b>YOGA</b> 07:20am Holistic Studio</p>	 <p><b>PILATES</b> 10:20am Holistic Studio</p>	 <p><b>SHAPE</b> 12:15pm Studio 1</p>	 <p><b>SHAPE</b> 11:15am Studio 1</p>	 <p><b>SHAPE</b> 10:20am Studio 1</p>	 <p><b>Les Mills BODY BALANCE</b> 11:35am Holistic Studio</p>	

# GROUP CLASSES TIMETABLE

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

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>STRETCH</b></p> <p>12:15pm Holistic Studio</p>	 <p><b>DANCE</b></p> <p>18:30pm Studio 1</p>	 <p><b>RIDE Rhythm</b></p> <p>18:30pm Spin Studio</p>	 <p><b>HYBR1D</b></p> <p>18:45pm Gym Floor</p>	 <p><b>VINYASA YOGA</b></p> <p>17:00pm Holistic Studio</p>		
 <p><b>PILATES</b></p> <p>13:15pm Holistic Studio</p>	 <p><b>HYBR1D</b></p> <p>18:45pm Gym Floor</p>	 <p><b>Les Mills BODY COMBAT</b></p> <p>19:20pm Studio 1</p>	 <p><b>PILATES</b></p> <p>18:45pm Holistic Studio</p>	 <p><b>HIIT</b></p> <p>18:00pm Gym Floor</p>		
 <p><b>AQUA</b></p> <p>13:30pm Poolside</p>	 <p><b>Les Mills BODY PUMP</b></p> <p>19:30pm Studio 1</p>	 <p><b>FITNESS PILATES</b></p> <p>19:30pm Holistic Studio</p>	 <p><b>RESTORATIVE YOGA</b></p> <p>19:35pm Holistic Studio</p>			
 <p><b>ZUMBA</b></p> <p>14:10pm Studio 1</p>						
 <p><b>Les Mills BODY PUMP</b></p> <p>18:30pm Studio 1</p>						
 <p><b>RIDE Rhythm</b></p> <p>18:30pm Spin Studio</p>						
 <p><b>HATHA YOGA</b></p> <p>18:30pm Holistic Studio</p>						
 <p><b>Les Mills BODY COMBAT</b></p> <p>19:20pm Studio 1</p>						

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills  
**BODY  
BALANCE**

19-30pm

Holistic Studio

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