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



09:30am Gym Floor



RIDE Rhythm

08:00am Spin Studio



SHAPE

09:00am Studio 1

YOGA



06:45am Gym Floor



YOGA

08:15am Holistic Studio



06:45am Gym Floor



PILATES

08:30am Holistic Studio



DANCE

09:30am Studio 1



BODY

Les Mills

09:00am

68MBAT Studio 1 Holistic Studio



YOGA

07:20am Holistic Studio



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

Holistic Studio



STEP

09:30am Studio 1



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** 69!MBAT

Studio 1



RIDE Rhythm

09:30am Spin Studio



PILATES

10:30am Holistic Studio



PILATES

09:30am Holistic Studio



Les Mills

BODY BALANCE

Holistic Studio



PILATES

09:30am Holistic Studio



NORDIC WALKING

09:30am Outside



Les Mills **BODY PUMP**

10:20am Studio 1



Les Mills **BODY** BALANCE

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



BODY BALANCE Holistic Studio

Les Mills



STEP

10:15am Studio 1



BODY BALANCE Holistic Studio

Les Mills



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

Holistic Studio



SUNDAY

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

POWER

YOGA 15:00pm

Holistic Studio

HATHA YOGA

18:20pm

Holistic Studio

PILATES

18:30pm

Holistic Studio

HYBR1D

18:45pm

Gym Floor

Les Mills BODY PUMP

06:35am

Studio 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills BODY PUMP

18:30pm Studio 1



DANCE

18:30pm Studio 1



RIDE Rhythm

18:30pm Spin Studio



PILATES

18:45pm Holistic Studio



HATHA YOGA

06:35am Holistic Studio



RIDE Rhythm

18:30pm Spin Studio



HYBR1D

18:45pm Gym Floor



Les Mills BODY GOMBAT

Studio 1



RESTORATIVE YOGA

19:35pm Holistic Studio



HIII

06:45am Gym Floor



HATHA YOGA

18:30pm Holistic Studio



Les Mills BODY PUMP

> 19:30pm Studio 1



FITNESS PILATES

19:30pm Holistic Studio



FITNESS YOGA

08:30am Holistic Studio



Les Mills BODY GOMBAT

Studio 1



Les Mills BODY BALANCE

Holistic Studio



HIII

09:30am Gym Floor



DANCE

09:30am Studio 1



RIDE Rhythm

09:30am Spin Studio



SHAPE

10:20am Studio 1



PILATES

10:30am Holistic Studio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills BODY PUMP

11:30am Studio 1



Les Mills BODY BALANCE

Holistic Studio



PILATES

13:30pm Holistic Studio



FITSTEPS

13:30pm Studio 1



AQUA

13:45pm Poolside



PILATES

15:00pm Holistic Studio



TAI CHI

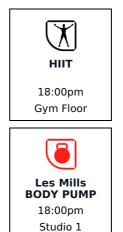
16:00pm Holistic Studio



VINYASA YOGA

17:00pm Holistic Studio

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



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