




















































































































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>SHAPE</b> 12:15pm 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>PILATES</b> 07:15am Holistic Studio</p>	 <p><b>SHAPE</b> 09:00am Studio 1</p>
 <p><b>STRETCH</b> 12:15pm Holistic Studio</p>	 <p><b>FITNESS YOGA</b> 07:30am Holistic Studio</p>	 <p><b>HIIT</b> 06:45am Gym Floor</p>	 <p><b>PILATES</b> 08:30am Holistic Studio</p>	 <p><b>RIDE Rhythm</b> 06:35am Spin Studio</p>	 <p><b>RIDE Rhythm</b> 08:00am Spin Studio</p>	 <p><b>YOGA</b> 09:00am Holistic Studio</p>
 <p><b>PILATES</b> 13:15pm Holistic Studio</p>	 <p><b>RIDE Rhythm</b> 08:00am Spin Studio</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>HATHA YOGA</b> 06:35am Holistic Studio</p>	 <p><b>Les Mills BODY COMBAT</b> 08:30am Studio 1</p>	 <p><b>Les Mills BODY PUMP</b> 10:00am Studio 1</p>
 <p><b>AQUA</b> 13:30pm Poolside</p>	 <p><b>HIIT</b> 09:30am Gym Floor</p>	 <p><b>HIIT</b> 09:30am Gym Floor</p>	 <p><b>STRETCH</b> 09:20am Holistic Studio</p>	 <p><b>HIIT</b> 06:45am Gym Floor</p>	 <p><b>RIDE Rhythm</b> 09:15am Spin Studio</p>	 <p><b>RIDE Rhythm</b> 10:00am Spin Studio</p>
 <p><b>ZUMBA</b> 14:10pm Studio 1</p>	 <p><b>STEP</b> 09:30am Studio 1</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>FITNESS YOGA</b> 08:30am Holistic Studio</p>	 <p><b>Les Mills BODY PUMP</b> 09:30am Studio 1</p>	 <p><b>Les Mills BODY BALANCE</b> 11:00am Holistic Studio</p>
 <p><b>Les Mills BODY PUMP</b> 18:30pm Studio 1</p>	 <p><b>RIDE Rhythm</b> 09:30am Spin Studio</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>HIIT</b> 09:30am Gym Floor</p>	 <p><b>PILATES</b> 09:30am Holistic Studio</p>	 <p><b>PILATES</b> 12:00pm Holistic Studio</p>
 <p><b>RIDE Rhythm</b> 18:30pm Spin Studio</p>	 <p><b>NORDIC WALKING</b> 09:30am Outside</p>	 <p><b>Les Mills BODY BALANCE</b> 11:15am Holistic Studio</p>	 <p><b>STEP</b> 10:15am Studio 1</p>	 <p><b>DANCE</b> 09:30am Studio 1</p>	 <p><b>STRENGTH power</b> 10:00am Gym Floor</p>	 <p><b>HATHA YOGA</b> 13:00pm Holistic Studio</p>
 <p><b>HATHA YOGA</b> 18:30pm Holistic Studio</p>	 <p><b>SHAPE</b> 10:20am Studio 1</p>	 <p><b>SHAPE</b> 12:15pm Studio 1</p>	 <p><b>SHAPE</b> 11:15am Studio 1</p>	 <p><b>RIDE Rhythm</b> 09:30am Spin Studio</p>	 <p><b>YOGA</b> 10:30am Holistic Studio</p>	

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Les Mills BODY COMBAT</b> 19:20pm Studio 1</p>	 <p><b>PILATES</b>  10:20am Holistic Studio</p>	 <p><b>HATHA YOGA</b>  12:15pm Holistic Studio</p>	 <p><b>BOX</b>  12:30pm Studio 1</p>	 <p><b>SHAPE</b>  10:20am Studio 1</p>	 <p><b>Les Mills BODY BALANCE</b> 11:35am Holistic Studio</p>	
 <p><b>Les Mills BODY BALANCE</b> 19:30pm Holistic Studio</p>	 <p><b>FITNESS PILATES</b> 11:10am Studio 1</p>	 <p><b>AQUA</b> 13:00pm Poolside</p>	 <p><b>PILATES</b> 12:30pm Holistic Studio</p>	 <p><b>PILATES</b> 10:30am Holistic Studio</p>	 <p><b>YOGA</b> 12:45pm Holistic Studio</p>	
 <p><b>RIDE Rhythm</b>  06:35am Spin Studio</p>	 <p><b>STRETCH</b>  11:15am Holistic Studio</p>	 <p><b>TAI CHI</b>  13:30pm Holistic Studio</p>	 <p><b>HIIT</b>  12:45pm Gym Floor</p>	 <p><b>Les Mills BODY PUMP</b> 11:30am Studio 1</p>		
 <p><b>HIIT</b>  06:45am Gym Floor</p>	 <p><b>Les Mills BODY BALANCE</b> 12:00pm Holistic Studio</p>	 <p><b>DANCE</b> 14:00pm Studio 1</p>	 <p><b>AQUA</b> 13:30pm Poolside</p>	 <p><b>Les Mills BODY BALANCE</b> 12:30pm Holistic Studio</p>		
 <p><b>YOGA</b>  07:20am Holistic Studio</p>	 <p><b>PILATES</b>  12:55pm Holistic Studio</p>	 <p><b>PILATES</b>  15:00pm Holistic Studio</p>	 <p><b>HATHA YOGA</b>  13:30pm Holistic Studio</p>	 <p><b>DANCE</b>  13:30pm Studio 1</p>		
 <p><b>Les Mills BODY BALANCE</b> 08:30am Holistic Studio</p>	 <p><b>STRETCH</b>  13:45pm Holistic Studio</p>	 <p><b>YOGA</b>  17:25pm Holistic Studio</p>	 <p><b>ZUMBA</b>  14:30pm Studio 1</p>	 <p><b>PILATES</b>  13:30pm Holistic Studio</p>		
 <p><b>Les Mills BODY PUMP</b> 09:30am Studio 1</p>	 <p><b>AQUA</b>  14:30pm Poolside</p>	 <p><b>HIIT</b>  18:00pm Gym Floor</p>	 <p><b>DANCE</b>  18:30pm Studio 1</p>	 <p><b>PILATES</b>  15:00pm Holistic Studio</p>		
 <p><b>PILATES</b>  09:30am Holistic Studio</p>	 <p><b>PILATES</b>  17:25pm Holistic Studio</p>	 <p><b>Les Mills BODY PUMP</b> 18:30pm Studio 1</p>	 <p><b>RIDE Rhythm</b>  18:30pm Spin Studio</p>	 <p><b>TAI CHI</b>  16:00pm Holistic Studio</p>		

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>RIDE Rhythm</b></p> <p>09:30am Spin Studio</p>	 <p><b>RIDE Rhythm</b></p> <p>18:00pm Spin Studio</p>	 <p><b>PILATES</b></p> <p>18:30pm Holistic 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>STRENGTH functional</b></p> <p>10:30am Studio 1</p>	 <p><b>HATHA YOGA</b></p> <p>18:20pm Holistic Studio</p>	 <p><b>RIDE Rhythm</b></p> <p>18:30pm Spin Studio</p>	 <p><b>PILATES</b></p> <p>18:45pm Holistic Studio</p>	 <p><b>STRENGTH reps</b></p> <p>18:00pm Gym Floor</p>		
 <p><b>YOGA</b></p> <p>10:30am Holistic Studio</p>	 <p><b>DANCE</b></p> <p>18:30pm Studio 1</p>	 <p><b>Les Mills BODY COMBAT</b></p> <p>19:20pm Studio 1</p>	 <p><b>RESTORATIVE YOGA</b></p> <p>19:35pm Holistic Studio</p>			
 <p><b>FITNESS PILATES</b></p> <p>11:20am Studio 1</p>	 <p><b>HYBR1D</b></p> <p>18:45pm Gym Floor</p>	 <p><b>FITNESS PILATES</b></p> <p>19:30pm Holistic Studio</p>				
 <p><b>SHAPE</b></p> <p>12:15pm Studio 1</p>	 <p><b>Les Mills BODY PUMP</b></p> <p>19:30pm Studio 1</p>					
 <p><b>STRETCH</b></p> <p>12:15pm Holistic Studio</p>						
 <p><b>PILATES</b></p> <p>13:15pm Holistic Studio</p>						
 <p><b>ZUMBA</b></p> <p>14:10pm Studio 1</p>						

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**Les Mills  
BODY PUMP**

18:30pm  
Studio 1



**RIDE Rhythm**

18:30pm  
Spin Studio



**HATHA YOGA**

18:30pm  
Holistic Studio



**Les Mills  
BODY  
COMBAT**

19:20pm  
Studio 1



**Les Mills  
BODY  
BALANCE**

19:30pm  
Holistic Studio

Valid from 31/03/2025 to 04/04/2025.