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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY ATTACK 18:00pm Studio 1	 YOGA 06:45am Studio 2	 Les Mills BODY PUMP 07:00am Studio 1	 VINYASA YOGA 06:45am Studio 2	 PILATES 07:00am Studio 2	 Les Mills BODY ATTACK 08:00am Studio 1	 Les Mills BODY STEP 08:45am Studio 1
 PILATES 18:00pm Studio 2	 HIIT 07:00am Gym	 STRETCH 08:00am Studio 2	 HIIT 07:00am Gym	 RIDE Rush 07:00am Cycle Hub	 RIDE Race 08:15am Cycle Hub	 RIDE Race 09:00am Cycle Hub
 RIDE Race 18:15pm Cycle Hub	 RIDE Rhythm 07:00am Cycle Hub	 YOGA 08:00am Studio 1	 VINYASA YOGA 08:00am Studio 2	 PILATES 08:00am Studio 2	 SHAPE 08:30am Studio 2	 Les Mills BODY COMBAT 09:30am Studio 1
 Les Mills BODY PUMP 18:30pm Studio 1	 ASHTANGA YOGA 08:00am Studio 2	 YOGA 09:00am Studio 2	 ASHTANGA YOGA 08:00am Studio 1	 Les Mills BODY BALANCE 08:30am Studio 1	 Les Mills BODY COMBAT 08:45am Studio 1	 PILATES 09:30am Studio 2
 PILATES 18:45pm Studio 2	 PILATES 08:15am Studio 1	 RIDE Rhythm 09:15am Cycle Hub	 Les Mills BODY BALANCE 09:15am Studio 2	 PILATES 09:00am Studio 2	 PILATES 09:30am Studio 2	 Les Mills BODY PUMP 10:30am Studio 1
 HYBR1D 19:00pm Gym	 PILATES 09:15am Studio 2	 HIIT 09:30am Gym Floor	 RIDE Rhythm 09:15am Cycle Hub	 HIIT 09:30am Gym Floor	 RIDE Rhythm 09:30am Cycle Hub	 YOGA 10:30am Studio 2
 Les Mills BODY COMBAT 19:30pm Studio 1	 Les Mills BODY ATTACK 09:30am Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1	 SHAPE 09:45am Studio 1	 HIIT 11:00am Gym Floor
 YIN YOGA 19:30pm Studio 2	 RIDE Rhythm 09:30am Cycle Hub	 AQUA 10:00am Poolside	 STRETCH 10:15am Studio 2	 RIDE Rhythm & Core 09:30am Cycle Hub	 HIIT 10:00am Gym Floor	 SHAPE 11:30am Studio 1













GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY PUMP 07:00am Studio 1	 AQUA 10:00am Poolside	 PILATES 10:15am Studio 2	 HIIT 10:30am Gym Floor	 VINYASA YOGA 10:00am Studio 2	 YOGA 10:30am Studio 2	 STRETCH 11:30am Studio 2
 PILATES 07:55am Studio 1	 NORDIC WALKING 10:00am Outdoors	 Les Mills BODY PUMP 10:30am Studio 1	 Les Mills BODY STEP 10:30am Studio 1	 Les Mills BODY COMBAT 10:30am Studio 1	 Les Mills BODY STEP 10:45am Studio 1	
 PILATES 08:15am Studio 2	 Les Mills BODY BALANCE 10:15am Studio 2	 PILATES 11:30am Studio 2	 PILATES 11:15am Studio 2	 RIDE Rhythm 10:30am Cycle Hub	 SHAPE 11:45am Studio 1	
 RIDE Race 09:15am Cycle Hub	 Les Mills BODY PUMP 10:30am Studio 1	 ZUMBA 11:30am Studio 1	 DANCE 11:30am Studio 1	 PILATES 11:15am Studio 2	 STRETCH 12:00pm Studio 2	
 HATHA YOGA 09:15am Studio 2	 PILATES 11:15am Studio 2	 PILATES 12:30pm Studio 2	 YOGA 12:15pm Studio 2	 Les Mills BODY PUMP 11:30am Studio 1		
 HIIT 09:30am Gym Floor	 SHAPE 11:30am Studio 1	 ZUMBA GOLD 12:30pm Studio 1	 STRENGTH 12:30pm Studio 1	 HIIT 12:00pm Gym Floor		
 Les Mills BODY STEP 09:30am Studio 1	 SHAPE 12:00pm Gym Floor	 PILATES 18:15pm Studio 2	 PILATES 18:00pm Studio 2	 YOGA 12:15pm Studio 2		
 Les Mills BODY PUMP 10:30am Studio 1	 YOGA 12:15pm Studio 2	 RIDE Race 18:15pm Cycle Hub	 DANCE 18:00pm Studio 1	 Les Mills BODY BALANCE 12:30pm Studio 1		




GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY BALANCE 10:30am Studio 2	 DANCE 12:30pm Studio 1	 AQUA 18:30pm Poolside	 HIIT Strength 18:30pm Gym Floor	 AQUA 12:30pm Poolside		
 NORDIC WALKING 10:30am Outdoors	 STRETCH 13:30pm Studio 2	 HYBR1D 19:00pm Gym	 Les Mills BODY ATTACK 18:45pm Studio 1	 TAI CHI 13:30pm Studio 2		
 YOGA 11:30am Studio 2	 GOLF STRETCH 13:30pm Studio 1	 Les Mills BODY COMBAT 19:00pm Studio 1	 YOGA 19:00pm Studio 2	 PILATES 18:00pm Studio 1		
 YOGA 11:30am Studio 1	 MINDFULNESS & MEDITATION 14:30pm Studio 2	 Les Mills BODY PUMP 19:45pm Studio 1	 BARRE 19:30pm Studio 1			
 WELCOME TO GROUP EXERCISE 12:00pm Reception	 WELCOME TO GROUP EXERCISE 17:30pm Reception	 Les Mills BODY BALANCE 20:45pm Studio 1				
 DANCE 12:30pm Studio 1	 Les Mills BODY PUMP 18:00pm Studio 1					
 AQUA 12:30pm Poolside	 HIIT 18:15pm Gym					
 BARRE 13:00pm Studio 1	 PILATES 18:15pm Studio 2					

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div></div> <div>STRETCH</div> <div>14:00pm Studio 2</div>	<div></div> <div>RIDE Rhythm</div> <div>18:30pm Cycle Hub</div>					
<div></div> <div>Les Mills BODY ATTACK</div> <div>18:00pm Studio 1</div>	<div></div> <div>SHAPE</div> <div>18:35pm Studio 1</div>					
<div></div> <div>PILATES</div> <div>18:00pm Studio 2</div>	<div></div> <div>FITNESS PILATES</div> <div>19:20pm Studio 1</div>					
<div></div> <div>RIDE Race</div> <div>18:15pm Cycle Hub</div>	<div></div> <div>VINYASA YOGA</div> <div>19:20pm Studio 2</div>					
<div></div> <div>Les Mills BODY PUMP</div> <div>18:30pm Studio 1</div>						
<div></div> <div>PILATES</div> <div>18:45pm Studio 2</div>						
<div></div> <div>HYBR1D</div> <div>19:00pm Gym</div>						
<div></div> <div>FloatFit HIIT</div> <div>19:30pm Poolside</div>						

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div><p>Les Mills BODY COMBAT 19:30pm Studio 1</p></div>						
<div><p>YIN YOGA 19:30pm Studio 2</p></div>						
<div><p>FloatFit BALANCE 20:05pm Poolside</p></div>						

Valid from 28/10/2024 to 01/11/2024.