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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY PUMP 07:00am Studio 1	 YOGA 06:45am Studio 2	 AQUA 06:30am Outdoors	 Vinyasa Yoga 06:45am Studio 2	 RIDE Rush 07:00am Cycle Hub	 SHAPE 09:45am Studio 1	 Les Mills BODY STEP 08:45am Studio 1
 PILATES 07:55am Studio 1	 HIIT 07:00am Gym	 Les Mills BODY PUMP 07:00am Studio 1	 HIIT 07:00am Gym	 PILATES 07:00am Studio 2	 HIIT 10:00am Gym Floor	 RIDE Race 09:00am Cycle Hub
 PILATES 08:15am Studio 2	 RIDE Rush 07:00am Cycle Hub	 STRETCH 08:00am Studio 2	 Vinyasa Yoga 08:00am Studio 2	 PILATES 08:00am Studio 2	 Vinyasa Yoga 10:00am Studio 2	 Les Mills BODY COMBAT 09:30am Studio 1
 RIDE Race 09:15am Cycle Hub	 ASHTANGA YOGA 08:00am Studio 2	 YOGA 08:00am Studio 1	 ASHTANGA YOGA 08:00am Studio 1	 Les Mills BODY BALANCE 08:30am Studio 1	 Les Mills BODY STEP 10:45am Studio 1	 PILATES 09:30am Studio 2
 HATHA YOGA 09:15am Studio 2	 PILATES 08:15am Studio 1	 YOGA 09:00am Studio 2	 RIDE Rhythm 09:15am Cycle Hub	 PILATES 09:00am Studio 2	 SHAPE 11:45am Studio 1	 Les Mills BODY PUMP 10:30am Studio 1
 HIIT 09:30am Gym Floor	 PILATES 09:15am Studio 2	 RIDE Rhythm 09:15am Cycle Hub	 Les Mills BODY BALANCE 09:15am Studio 2	 RIDE Rhythm & Core 09:30am Cycle Hub	 HIIT 12:30pm Gym Floor	 YOGA 10:30am Studio 2
 Les Mills BODY STEP 09:30am Studio 1	 RIDE Rhythm 09:30am Cycle Hub	 HIIT 09:30am Gym Floor	 Les Mills BODY PUMP 09:30am Studio 1	 HIIT 09:30am Gym Floor	 Les Mills BODY ATTACK 08:00am Studio 1	 HIIT 11:00am Gym Floor
 Les Mills BODY PUMP 10:30am Studio 1	 Les Mills BODY ATTACK 09:30am Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 STRETCH 10:15am Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Race 08:30am Cycle Hub	 SHAPE 11:30am Studio 1




GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY BALANCE 10:30am Studio 2	 AQUA 10:00am Poolside	 AQUA 10:00am Poolside	 HIIT 10:30am Gym Floor	 Vinyasa Yoga 10:00am Studio 2	 Les Mills BODY COMBAT 08:45am Studio 1	 YOGA & MEDITATION 17:00pm Studio 2
 NORDIC WALKING 10:30am Outdoors	 NORDIC WALKING 10:00am Outdoors	 PILATES 10:15am Studio 2	 Les Mills BODY STEP 10:30am Studio 1	 Les Mills BODY COMBAT 10:30am Studio 1	 PILATES 09:00am Studio 2	
 YOGA 11:30am Studio 2	 Les Mills BODY BALANCE 10:15am Studio 2	 Les Mills BODY PUMP 10:30am Studio 1	 PILATES 11:15am Studio 2	 RIDE Rhythm 10:30am Cycle Hub	 SHAPE 09:45am Studio 1	
 YOGA 11:30am Studio 1	 Les Mills BODY PUMP 10:30am Studio 1	 PILATES 11:30am Studio 2	 DANCE 11:30am Studio 1	 PILATES 11:15am Studio 2	 HIIT 10:00am Gym Floor	
 WELCOME TO GROUP EXERCISE 12:00pm Reception	 PILATES 11:15am Studio 2	 ZUMBA 11:30am Studio 1	 YOGA 12:05pm Studio 2	 Les Mills BODY PUMP 11:30am Studio 1	 Vinyasa Yoga 10:00am Studio 2	
 AQUA 12:30pm Poolside	 SHAPE 11:30am Studio 1	 PILATES 12:30pm Studio 2	 AQUA 12:30pm Poolside	 HIIT 12:00pm Gym Floor	 Les Mills BODY STEP 10:45am Studio 1	
 DANCE 12:30pm Studio 1	 HIIT 12:00pm Gym Floor	 ZUMBA GOLD 12:30pm Studio 1	 STRENGTH 12:30pm Studio 1	 YOGA 12:15pm Studio 2	 SHAPE 11:45am Studio 1	
 STRETCH 14:00pm Studio 2	 YOGA 12:15pm Studio 2	 PILATES 18:15pm Studio 2	 PILATES 13:15pm Studio 2	 Les Mills BODY BALANCE 12:30pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> Les Mills BODY ATTACK 18:00pm Studio 1</div>	<div> STRETCH 13:30pm Studio 2</div>	<div> RIDE Race 18:15pm Cycle Hub</div>	<div> DANCE 18:00pm Studio 1</div>	<div> AQUA 12:30pm Poolside</div>		
<div> PILATES 18:00pm Studio 2</div>	<div> GOLF STRETCH 13:30pm Studio 1</div>	<div> AQUA 18:30pm Poolside</div>	<div> PILATES 18:00pm Studio 2</div>	<div> PILATES 18:00pm Studio 1</div>		
<div> RIDE Race 18:15pm Cycle Hub</div>	<div> MINDFULNESS & MEDITATION 14:30pm Studio 2</div>	<div> Les Mills BODY COMBAT 19:00pm Studio 1</div>	<div> HIIT Strength 18:30pm Gym Floor</div>			
<div> Les Mills BODY PUMP 18:30pm Studio 1</div>	<div> WELCOME TO GROUP EXERCISE 17:30pm Reception</div>	<div> Les Mills BODY PUMP 19:45pm Studio 1</div>	<div> Les Mills BODY ATTACK 18:45pm Studio 1</div>			
<div> PILATES 18:45pm Studio 2</div>	<div> HIIT Strength 18:00pm Gym</div>	<div> Les Mills BODY BALANCE 20:45pm Studio 1</div>	<div> YOGA 19:00pm Studio 2</div>			
<div> Les Mills BODY COMBAT 19:30pm Studio 1</div>	<div> Les Mills BODY PUMP 18:00pm Studio 1</div>					
<div> YIN YOGA 19:30pm Studio 2</div>	<div> PILATES 18:15pm Studio 2</div>					
	<div> RIDE Rhythm 18:30pm Cycle Hub</div>					

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div><p>Les Mills BODY STEP 18:35pm Studio 1</p></div>					
	<div><p>FITNESS PILATES 19:20pm Studio 1</p></div>					
	<div><p>Vinyasa Yoga 19:20pm Studio 2</p></div>					

Valid from 13/05/2024 to 17/05/2024.