



































































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY PUMP 07:00am 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 07:55am Studio 1	 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
 PILATES 08:15am Studio 2	 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
 RIDE Race 09:15am Cycle Hub	 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
 HATHA YOGA 09:15am 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
 HIIT 09:30am Gym Floor	 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 STEP 09:30am 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
 Les Mills BODY BALANCE 10:30am 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 10:30am Studio 1	 NORDIC WALKING 10:00am Outdoors	 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
 NORDIC WALKING 10:30am Outdoors	 Les Mills BODY BALANCE 10:15am Studio 2	 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	
 YOGA 11:30am Studio 2	 Les Mills BODY PUMP 10:30am Studio 1	 PILATES 11:30am Studio 2	 PILATES 11:15am Studio 2	 PILATES 11:15am Studio 2	 SHAPE 11:45am Studio 1	
 YOGA 11:30am Studio 1	 PILATES 11:15am Studio 2	 ZUMBA 11:30am Studio 1	 DANCE 11:30am Studio 1	 Les Mills BODY PUMP 11:30am Studio 1	 STRETCH 12:00pm Studio 2	
 WELCOME TO GROUP EXERCISE 12:00pm Reception	 SHAPE 11:30am Studio 1	 PILATES 12:30pm Studio 2	 WELLNESS 12:15pm Studio 2	 HIIT 12:00pm Gym Floor	 DANCE 12:45pm Studio 1	
 SHAPE 12:00pm Gym Floor	 BOX 12:00pm Gym Floor	 ZUMBA GOLD 12:30pm Studio 1	 STRENGTH 12:30pm Studio 1	 YOGA 12:15pm Studio 2		
 AQUA 12:30pm Poolside	 YOGA 12:15pm Studio 2	 PILATES 18:15pm Studio 2	 AQUA 12:30pm Poolside	 Les Mills BODY BALANCE 12:30pm Studio 1		
 DANCE 12:35pm Studio 1	 DANCE 12:30pm Studio 1	 RIDE Race 18:15pm Cycle Hub	 YOGA 13:30pm Studio 2	 AQUA 12:30pm Poolside		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>TAI CHI</p> <p>12:45pm Studio 2</p>	 <p>STRETCH</p> <p>13:30pm Studio 2</p>	 <p>HYBR1D</p> <p>19:00pm Gym</p>	 <p>PILATES</p> <p>18:00pm Studio 2</p>	 <p>TAI CHI</p> <p>13:30pm Studio 2</p>		
 <p>BARRE</p> <p>13:25pm Studio 1</p>	 <p>GOLF STRETCH</p> <p>13:30pm Studio 1</p>	 <p>Les Mills BODY COMBAT</p> <p>19:00pm Studio 1</p>	 <p>DANCE</p> <p>18:00pm Studio 1</p>	 <p>PILATES</p> <p>18:00pm Studio 1</p>		
 <p>STRETCH</p> <p>14:00pm Studio 2</p>	 <p>MINDFULNESS & MEDITATION</p> <p>14:30pm Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>19:45pm Studio 1</p>	 <p>HIIT Strength</p> <p>18:30pm Gym Floor</p>			
 <p>Les Mills BODY ATTACK</p> <p>18:00pm Studio 1</p>	 <p>WELCOME TO GROUP EXERCISE</p> <p>17:30pm Reception</p>	 <p>Les Mills BODY BALANCE</p> <p>20:45pm Studio 1</p>	 <p>Les Mills BODY ATTACK</p> <p>18:45pm Studio 1</p>			
 <p>PILATES</p> <p>18:00pm Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>18:15pm Studio 1</p>		 <p>YOGA</p> <p>19:00pm Studio 2</p>			
 <p>RIDE Race</p> <p>18:15pm Cycle Hub</p>	 <p>HIIT</p> <p>18:15pm Gym Floor</p>		 <p>BARRE</p> <p>19:30pm Studio 1</p>			
 <p>Les Mills BODY PUMP</p> <p>18:30pm Studio 1</p>	 <p>PILATES</p> <p>18:15pm Studio 2</p>					
 <p>PILATES</p> <p>18:45pm Studio 2</p>	 <p>RIDE Rhythm</p> <p>18:15pm Cycle Hub</p>					

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HYBR1D

19:00pm
Gym



FloatFit HIIT

18:30pm
Poolside



FloatFit HIIT

19:30pm
Poolside



SHAPE

18:50pm
Studio 1



**Les Mills
BODY
COMBAT**
19:30pm
Studio 1



**FloatFit
BALANCE**
19:05pm
Poolside



YIN YOGA

19:30pm
Studio 2



**VINYASA
YOGA**

19:20pm
Studio 2



**FloatFit
BALANCE**
20:05pm
Poolside



**FITNESS
PILATES**
19:30pm
Studio 1

Valid from 17/02/2025 to 21/02/2025.