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** 18:00pm Studio 1	**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	**PILATES** 07:00am Studio 2	**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	**RIDE Rhythm** 07:00am Cycle Hub	**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	**PILATES** 08:00am Studio 2	**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	**Les Mills BODY BALANCE** 08:30am Studio 1	**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	**PILATES** 09:00am Studio 2	**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	**HIIT** 09:30am Gym Floor	**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	**Les Mills BODY PUMP** 09:30am Studio 1	**HIIT** 10:00am Gym Floor	**SHAPE** 11:30am Studio 1

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Les Mills BODY PUMP 10:30am Studio 1	**Les Mills BODY BALANCE** 10:15am Studio 2	**PILATES** 10:15am Studio 2	**HIIT** 10:30am Gym Floor	**RIDE Rhythm & Core** 09:30am Cycle Hub	**YOGA** 10:30am Studio 2	**STRETCH** 11:30am Studio 2
WELCOME TO GROUP EXERCISE 11:30am Reception	**Les Mills BODY PUMP** 10:30am Studio 1	**Les Mills BODY PUMP** 10:30am Studio 1	**Les Mills BODY STEP** 10:30am Studio 1	**VINYASA YOGA** 10:00am Studio 2	**Les Mills BODY STEP** 10:45am Studio 1	
YOGA 11:30am Studio 2	**PILATES** 11:15am Studio 2	**PILATES** 11:30am Studio 2	**PILATES** 11:15am Studio 2	**Les Mills BODY COMBAT** 10:30am Studio 1	**SHAPE** 11:45am Studio 1	
YOGA 11:30am Studio 1	**SHAPE** 11:30am Studio 1	**ZUMBA** 11:30am Studio 1	**DANCE** 11:30am Studio 1	**PILATES** 11:15am Studio 2	**STRETCH** 12:00pm Studio 2	
STRENGTH reps 12:00pm Gym Floor	**BOX** 12:00pm Gym Floor	**STRENGTH reps** 12:00pm Gym Floor	**AQUA** 12:30pm Poolside	**Les Mills BODY PUMP** 11:30am Studio 1	**DANCE** 12:45pm Studio 1	
AQUA 12:30pm Poolside	**YOGA** 12:15pm Studio 2	**PILATES** 12:30pm Studio 2	**STRENGTH functional** 12:30pm Studio 1	**HIIT** 12:00pm Gym Floor		
SHAPE 12:35pm Studio 1	**DANCE** 12:30pm Studio 1	**ZUMBA GOLD** 12:30pm Studio 1	**YOGA** 13:30pm Studio 2	**YOGA** 12:15pm Studio 2		
TAI CHI 12:45pm Studio 2	**STRETCH** 13:30pm Studio 2	**PILATES** 18:15pm Studio 2	**PILATES** 18:00pm Studio 2	**Les Mills BODY BALANCE** 12:30pm Studio 1		

GROUP CLASSES TIMETABLE

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

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					
YIN YOGA 19:30pm Studio 2	**FloatFit BALANCE** 19:05pm Poolside					
FloatFit BALANCE 20:05pm Poolside	**VINYASA YOGA** 19:20pm Studio 2					
	FITNESS PILATES 19:30pm Studio 1					

Valid from 14/04/2025 to 18/04/2025.