


































































































































GROUP CLASSES TIMETABLE

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















GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills BODY BALANCE 10:30am Studio 2</p>	 <p>NORDIC WALKING 10:00am Outdoors</p>	 <p>PILATES 10:15am Studio 2</p>	 <p>HIIT 10:30am Gym Floor</p>	 <p>HIIT 12:00pm Gym Floor</p>	 <p>YOGA 10:30am Studio 2</p>	 <p>STRETCH 11:30am Studio 2</p>
 <p>NORDIC WALKING 10:30am Outdoors</p>	 <p>Les Mills BODY BALANCE 10:15am Studio 2</p>	 <p>Les Mills BODY PUMP 10:30am Studio 1</p>	 <p>Les Mills BODY STEP 10:30am Studio 1</p>	 <p>YOGA 12:15pm Studio 2</p>	 <p>Les Mills BODY STEP 10:45am Studio 1</p>	
 <p>YOGA 11:30am Studio 2</p>	 <p>Les Mills BODY PUMP 10:30am Studio 1</p>	 <p>PILATES 11:30am Studio 2</p>	 <p>PILATES 11:15am Studio 2</p>	 <p>Les Mills BODY BALANCE 12:30pm Studio 1</p>	 <p>SHAPE 11:45am Studio 1</p>	
 <p>YOGA 11:30am Studio 1</p>	 <p>PILATES 11:15am Studio 2</p>	 <p>ZUMBA 11:30am Studio 1</p>	 <p>DANCE 11:30am Studio 1</p>	 <p>AQUA 12:30pm Poolside</p>	 <p>STRETCH 12:00pm Studio 2</p>	
 <p>WELCOME TO GROUP EXERCISE 12:00pm Reception</p>	 <p>SHAPE 11:30am Studio 1</p>	 <p>PILATES 12:30pm Studio 2</p>	 <p>YOGA 12:15pm Studio 2</p>	 <p>TAI CHI 13:30pm Studio 2</p>		
 <p>DANCE 12:30pm Studio 1</p>	 <p>SHAPE 12:00pm Gym Floor</p>	 <p>ZUMBA GOLD 12:30pm Studio 1</p>	 <p>STRENGTH 12:30pm Studio 1</p>	 <p>PILATES 18:00pm Studio 1</p>		
 <p>AQUA 12:30pm Poolside</p>	 <p>YOGA 12:15pm Studio 2</p>	 <p>PILATES 18:15pm Studio 2</p>	 <p>PILATES 18:00pm Studio 2</p>	 <p>PILATES 07:00am Studio 2</p>		
 <p>BARRE 13:00pm Studio 1</p>	 <p>DANCE 12:30pm Studio 1</p>	 <p>RIDE Race 18:15pm Cycle Hub</p>	 <p>DANCE 18:00pm Studio 1</p>	 <p>RIDE Rush 07:00am Cycle Hub</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 STRETCH 14:00pm Studio 2	 STRETCH 13:30pm Studio 2	 AQUA 18:30pm Poolside	 HIIT Strength 18:30pm Gym Floor	 PILATES 08:00am Studio 2		
 AQUA 14:00pm Poolside	 GOLF STRETCH 13:30pm Studio 1	 HYBR1D 19:00pm Gym	 Les Mills BODY ATTACK 18:45pm Studio 1	 Les Mills BODY BALANCE 08:30am Studio 1		
 Les Mills BODY ATTACK 18:00pm Studio 1	 MINDFULNESS & MEDITATION 14:30pm Studio 2	 Les Mills BODY COMBAT 19:00pm Studio 1	 YOGA 19:00pm Studio 2	 PILATES 09:00am Studio 2		
 PILATES 18:00pm Studio 2	 WELCOME TO GROUP EXERCISE 17:30pm Reception	 FloatFit HIIT 19:30pm Poolside	 FloatFit HIIT 19:30pm Poolside	 HIIT 09:30am Gym Floor		
 RIDE Race 18:15pm Cycle Hub	 Les Mills BODY PUMP 18:00pm Studio 1	 Les Mills BODY PUMP 19:45pm Studio 1	 BARRE 19:30pm Studio 1	 Les Mills BODY PUMP 09:30am Studio 1		
 Les Mills BODY PUMP 18:30pm Studio 1	 HIIT 18:15pm Gym	 FloatFit BALANCE 20:05pm Poolside	 FloatFit BALANCE 20:05pm Poolside	 RIDE Rhythm & Core 09:30am Cycle Hub		
 PILATES 18:45pm Studio 2	 PILATES 18:15pm Studio 2	 Les Mills BODY BALANCE 20:45pm Studio 1		 VINYASA YOGA 10:00am Studio 2		
 HYBR1D 19:00pm Gym	 RIDE Rhythm 18:30pm Cycle Hub			 Les Mills BODY COMBAT 10:30am Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>FloatFit HIIT 19:30pm Poolside</p>	 <p>SHAPE 18:35pm Studio 1</p>			 <p>RIDE Rhythm 10:30am Cycle Hub</p>		
 <p>YIN YOGA 19:30pm Studio 2</p>	 <p>FITNESS PILATES 19:20pm Studio 1</p>			 <p>PILATES 11:15am Studio 2</p>		
 <p>FloatFit BALANCE 20:05pm Poolside</p>	 <p>VINYASA YOGA 19:20pm Studio 2</p>			 <p>Les Mills BODY PUMP 11:30am Studio 1</p>		
				 <p>HIIT 12:00pm Gym Floor</p>		
				 <p>YOGA 12:15pm Studio 2</p>		
				 <p>Les Mills BODY BALANCE 12:30pm Studio 1</p>		
				 <p>AQUA 12:30pm Poolside</p>		
				 <p>TAI CHI 13:30pm Studio 2</p>		

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

18:00pm

Studio 1

Valid from 16/12/2024 to 20/12/2024.