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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
 FloatFit HIIT 19:30pm Poolside	 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 COMBAT 19:30pm Studio 1	 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
 YIN YOGA 19:30pm Studio 2	 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
 FloatFit BALANCE 20:05pm Poolside	 Les Mills BODY BALANCE 10:15am Studio 2	 RIDE Race 10:30am Cycle Hub	 Les Mills BODY STEP 10:30am Studio 1	 Les Mills BODY COMBAT 10:30am Studio 1	 Les Mills BODY STEP 10:45am Studio 1	
 Les Mills BODY BALANCE 20:20pm Studio 1	 Les Mills BODY PUMP 10:30am Studio 1	 Les Mills BODY PUMP 10:30am Studio 1	 PILATES 11:15am Studio 2	 RIDE Rhythm 10:30am Cycle Hub	 SHAPE 11:45am Studio 1	
 Les Mills BODY PUMP 07:00am Studio 1	 PILATES 11:15am Studio 2	 PILATES 11:30am Studio 2	 DANCE 11:30am Studio 1	 PILATES 11:15am Studio 2	 STRETCH 12:00pm Studio 2	
 PILATES 07:55am Studio 1	 SHAPE 11:30am Studio 1	 ZUMBA 11:30am Studio 1	 PILATES 12:15pm Studio 2	 Les Mills BODY PUMP 11:30am Studio 1		
 PILATES 08:15am Studio 2	 SHAPE 12:00pm Gym Floor	 PILATES 12:30pm Studio 2	 STRENGTH 12:30pm Studio 1	 HIIT 12:00pm Gym Floor		
 RIDE Race 09:15am Cycle Hub	 YOGA 12:15pm Studio 2	 ZUMBA GOLD 12:30pm Studio 1	 AQUA 12:30pm Poolside	 YOGA 12:15pm Studio 2		
 HATHA YOGA 09:15am Studio 2	 DANCE 12:30pm Studio 1	 PILATES 18:15pm Studio 2	 YOGA 13:30pm Studio 2	 Les Mills BODY BALANCE 12:30pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>HIIT</p> <p>09:30am Gym Floor</p>	 <p>STRETCH</p> <p>13:30pm Studio 2</p>	 <p>RIDE Race</p> <p>18:15pm Cycle Hub</p>	 <p>PILATES</p> <p>18:00pm Studio 2</p>	 <p>AQUA</p> <p>12:30pm Poolside</p>		
 <p>Les Mills BODY STEP</p> <p>09:30am Studio 1</p>	 <p>GOLF STRETCH</p> <p>13:30pm Studio 1</p>	 <p>AQUA</p> <p>18:30pm Poolside</p>	 <p>DANCE</p> <p>18:00pm Studio 1</p>	 <p>TAI CHI</p> <p>13:30pm Studio 2</p>		
 <p>Les Mills BODY BALANCE</p> <p>10:30am Studio 2</p>	 <p>MINDFULNESS & MEDITATION</p> <p>14:30pm Studio 2</p>	 <p>HYBRID</p> <p>19:00pm Gym</p>	 <p>RIDE Race</p> <p>18:15pm Cycle Hub</p>	 <p>PILATES</p> <p>18:00pm Studio 1</p>		
 <p>Les Mills BODY PUMP</p> <p>10:30am Studio 1</p>	 <p>WELCOME TO GROUP EXERCISE</p> <p>17:30pm Reception</p>	 <p>Les Mills BODY COMBAT</p> <p>19:00pm Studio 1</p>	 <p>HIIT Strength</p> <p>18:30pm Gym Floor</p>			
 <p>NORDIC WALKING</p> <p>10:30am Outdoors</p>	 <p>HIIT</p> <p>18:15pm Gym</p>	 <p>FloatFit HIIT</p> <p>19:30pm Poolside</p>	 <p>Les Mills BODY ATTACK</p> <p>18:45pm Studio 1</p>			
 <p>YOGA</p> <p>11:30am Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>18:15pm Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>19:45pm Studio 1</p>	 <p>YOGA</p> <p>19:00pm Studio 2</p>			
 <p>YOGA</p> <p>11:30am Studio 1</p>	 <p>PILATES</p> <p>18:15pm Studio 2</p>	 <p>FloatFit BALANCE</p> <p>20:05pm Poolside</p>	 <p>FloatFit HIIT</p> <p>19:30pm Poolside</p>			
 <p>WELCOME TO GROUP EXERCISE</p> <p>12:00pm Reception</p>	 <p>RIDE Rhythm</p> <p>18:15pm Cycle Hub</p>	 <p>Les Mills BODY BALANCE</p> <p>20:45pm Studio 1</p>	 <p>BARRE</p> <p>19:30pm Studio 1</p>			

GROUP CLASSES TIMETABLE

MONDAY



AQUA

12:30pm
Poolside



DANCE

12:35pm
Studio 1



TAI CHI

12:45pm
Studio 2



BARRE

13:25pm
Studio 1



STRETCH

14:00pm
Studio 2



**Les Mills
BODY
ATTACK**

18:00pm
Studio 1



PILATES

18:00pm
Studio 2



RIDE Race

18:15pm
Cycle Hub

TUESDAY



FloatFit HIIT

18:30pm
Poolside



SHAPE

18:50pm
Studio 1



**FloatFit
BALANCE**

19:05pm
Poolside



**VINYASA
YOGA**

19:20pm
Studio 2



**FITNESS
PILATES**

19:30pm
Studio 1

THURSDAY



**FloatFit
BALANCE**

20:05pm
Poolside

WEDNESDAY

FRIDAY

SATURDAY

SUNDAY

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**Les Mills
BODY PUMP**

18:30pm
Studio 1



PILATES

18:45pm
Studio 2



HYBR1D

19:00pm
Gym



FloatFit HIIT

19:30pm
Poolside



**Les Mills
BODY
COMBAT**

19:30pm
Studio 1



YIN YOGA

19:30pm
Studio 2



**FloatFit
BALANCE**

20:05pm
Poolside



**Les Mills
BODY
BALANCE**

20:20pm
Studio 1

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 20/01/2025 to 24/01/2025.