

















# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>HIIT Circuits</b> 07:00am Gym Floor	 <b>STRENGTH</b> 07:00am Gym Floor	 <b>HIIT Circuits</b> 07:00am Gym Floor	 <b>STRENGTH</b> 07:00am Gym Floor	 <b>HATHA FLOW YOGA</b> 09:15am Studio 2	 <b>RIDE Rhythm</b> 08:00am Studio 1	 <b>Les Mills BODY BALANCE</b> 09:15am Studio 2
 <b>STRENGTH</b> 09:15am Gym Floor	 <b>PILATES</b> 09:15am Studio 2	 <b>STRETCH</b> 09:00am Studio 2	 <b>PILATES</b> 09:10am Studio 2	 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>YOGALATES</b> 09:00am Studio 2	 <b>STRENGTH</b> 09:30am Gym Floor
 <b>PILATES</b> 09:15am Studio 2	 <b>BOX</b> 09:30am Gym Floor	 <b>DANCE</b> 09:15am Studio 1	 <b>STRENGTH</b> 09:20am Studio 1	 <b>Les Mills BODY COMBAT</b> 10:30am Studio 1	 <b>STRENGTH</b> 09:15am Gym Floor	 <b>Les Mills BODY PUMP</b> 10:15am Studio 1
 <b>RIDE Rhythm &amp; Core</b> 09:15am Studio 1	 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>HIIT Circuits</b> 09:30am Gym Floor	 <b>YIN YOGA</b> 10:00am Studio 2	 <b>BARRE</b> 10:30am Studio 2	 <b>Les Mills BODY PUMP</b> 09:15am Studio 1	
 <b>YOGA</b> 10:10am Studio 2	 <b>Les Mills BODY BALANCE</b> 10:15am Studio 2	 <b>PILATES</b> 10:05am Studio 2	 <b>PILATES</b> 17:00pm Studio 2	 <b>HIIT Circuits</b> 18:00pm Gym Floor	 <b>Les Mills BODY ATTACK</b> 10:10am Studio 1	
 <b>FITSTEPS</b> 10:30am Studio 1	 <b>PILATES</b> 18:00pm Studio 2	 <b>Les Mills BODY COMBAT</b> 18:00pm Studio 1	 <b>Les Mills BODY ATTACK</b> 17:00pm Studio 1	 <b>RIDE Rhythm &amp; Core</b> 18:00pm Studio 1	 <b>WELLNESS</b> 10:30am Gym Floor	
 <b>Les Mills BODY COMBAT</b> 17:30pm Studio 1	 <b>Les Mills BODY PUMP</b> 18:00pm Studio 1	 <b>ZUMBA</b> 18:50pm Studio 1	 <b>Les Mills BODY BALANCE</b> 17:50pm Studio 2	 <b>MINDFULNESS &amp; MEDITATION</b> 18:00pm Studio 2	 <b>YIN YOGA</b> 11:00am Studio 2	
 <b>Les Mills BODY BALANCE</b> 17:30pm Studio 2	 <b>STRENGTH</b> 19:00pm Gym Floor	 <b>HIIT Strength</b> 19:00pm Gym Floor	 <b>RIDE Rhythm</b> 18:00pm Studio 1	 <b>HATHA FLOW YOGA</b> 09:15am Studio 2		

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>CORE</b></p> <p>18:00pm Gym Floor</p>	 <p><b>RIDE Rhythm</b></p> <p>19:00pm Studio 1</p>		 <p><b>BOX</b></p> <p>19:00pm Studio 1</p>	 <p><b>Les Mills BODY PUMP</b></p> <p>09:30am Studio 1</p>		
 <p><b>Les Mills BODY PUMP</b></p> <p>18:30pm Studio 1</p>	 <p><b>YOGA</b></p> <p>19:00pm Studio 2</p>		 <p><b>HYBR1D</b></p> <p>19:00pm Gym Floor</p>	 <p><b>Les Mills BODY COMBAT</b></p> <p>10:30am Studio 1</p>		
 <p><b>PILATES</b></p> <p>18:30pm Studio 2</p>				 <p><b>BARRE</b></p> <p>10:30am Studio 2</p>		
 <p><b>FITSTEPS</b></p> <p>19:20pm Studio 1</p>				 <p><b>HIIT Circuits</b></p> <p>18:00pm Gym Floor</p>		
				 <p><b>RIDE Rhythm &amp; Core</b></p> <p>18:00pm Studio 1</p>		
				 <p><b>MINDFULNESS &amp; MEDITATION</b></p> <p>18:00pm Studio 2</p>		

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