GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HIIT Circuits

07:00am Gym Floor



STRENGTH

07:00am Gym Floor



HIIT Circuits

07:00am Gym Floor



STRENGTH

07:00am Gym Floor



HATHA FLOW YOGA

09:15am Studio 2



RIDE Rhythm

08:00am Studio 1



Les Mills **BODY** BALANCE





STRENGTH

09:15am Gym Floor



PILATES

09:15am Studio 2



STRETCH

09:00am Studio 2



PILATES

09:10am Studio 2



Les Mills **BODY PUMP**

09:30am Studio 1



YOGALATES

09:00am Studio 2



STRENGTH

09:30am Gym Floor



PILATES

09:15am Studio 2



BOX

09:30am Gym Floor



DANCE

09:15am Studio 1



STRENGTH

09:20am Studio 1



Les Mills **BODY**

GOMBAT

Studio 1



STRENGTH

09:15am Gym Floor



Les Mills **BODY PUMP**

10:15am Studio 1



RIDE Rhythm & Core

09:15am Studio 1



Les Mills **BODY PUMP**

09:30am Studio 1



HIIT Circuits

09:30am Gym Floor



YIN YOGA

10:00am Studio 2



BARRE

10:30am Studio 2



Les Mills **BODY PUMP**

09:15am Studio 1



YOGA

10:10am Studio 2



Les Mills

BODY BALANCE Studio 2



PILATES

10:05am Studio 2



PILATES

17:00pm Studio 2



HIIT Circuits

18:00pm Gym Floor



Les Mills **BODY**

4J:10SK

Studio 1



FITSTEPS

10:30am Studio 1



PILATES

18:00pm Studio 2



Les Mills **BODY 48.MBAT**

Studio 1



Les Mills **BODY** 47:505K

Studio 1



RIDE Rhythm

& Core 18:00pm Studio 1



WELLNESS

10:30am Gym Floor



Les Mills **BODY GPMBAT**

Studio 1



Les Mills

BODY PUMP 18:00pm Studio 1



ZUMBA

18:50pm Studio 1



Les Mills **BODY** BALANCE

Studio 2



MINDFULNESS MEDITATION

Studio 2



YIN YOGA

11:00am Studio 2



Les Mills **BODY** BALANCE



STRENGTH

19:00pm Gym Floor



HIIT Strength 19:00pm

Gym Floor



RIDE Rhythm

18:00pm Studio 1



HATHA FLOW YOGA

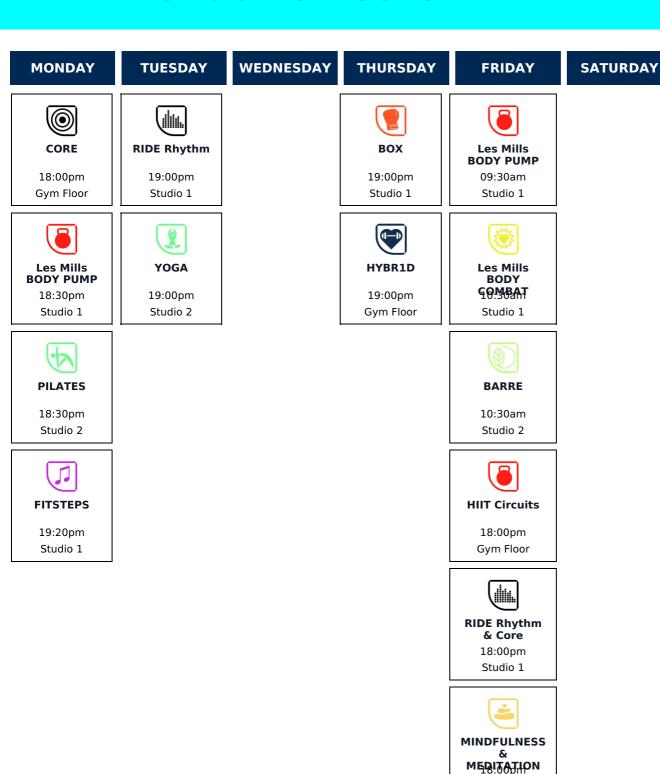
09:15am Studio 2



Studio 2

GROUP CLASSES TIMETABLE

SUNDAY



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

Studio 2