

























































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	 HIIT Circuits 07:00am Gym Floor	 RIDE Rhythm 08:00am Studio 1	 Les Mills BODY BALANCE 09:15am Studio 2
 STRENGTH 09:15am Gym Floor	 PILATES 09:15am Studio 2	 STRETCH 09:00am Studio 2	 PILATES 09:10am Studio 2	 HIIT Circuits 09:15am Gym Floor	 STRENGTH 09:15am Gym Floor	 Les Mills BODY COMBAT 09:15am Studio 1
 RIDE Rhythm 09:15am Studio 1	 HIIT 09:30am Gym Floor	 HIIT Circuits 09:30am Gym Floor	 STRENGTH 09:15am Studio 1	 YOGA 09:15am Studio 2	 Les Mills BODY PUMP 09:15am Studio 1	 Les Mills BODY PUMP 10:15am Studio 1
 PILATES 09:15am Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 DANCE 09:30am Studio 1	 YOGA 10:00am Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY ATTACK 10:10am Studio 1	
 YOGA 10:10am Studio 2	 Les Mills BODY BALANCE 10:15am Studio 2	 PILATES 10:05am Studio 2	 PILATES 17:00pm Studio 2	 PILATES 10:30am Studio 2	 STRENGTH 11:00am Gym Floor	
 FITSTEPS 10:30am Studio 1	 PILATES 18:00pm Studio 2	 Les Mills BODY COMBAT 18:00pm Studio 1	 Les Mills BODY BALANCE 17:30pm Studio 2	 RIDE Rhythm & Core 18:00pm Studio 1	 YOGA 11:00am Studio 2	
 Les Mills BODY BALANCE 17:30pm Studio 2	 Les Mills BODY PUMP 18:00pm Studio 1	 ZUMBA GLOW 18:50pm Studio 1	 RIDE Rhythm 18:00pm Studio 1	 MINDFULNESS & MEDITATION 18:00pm Studio 2		
 CORE 18:00pm Gym Floor	 STRENGTH 19:00pm Gym Floor	 STRENGTH 19:00pm Gym Floor	 STRENGTH 18:30pm Gym Floor	 STRENGTH 18:30pm Gym Floor		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> PILATES 18:30pm Studio 2</div>	<div> RIDE Rhythm 19:00pm Studio 1</div>	<div> YOGALATES 19:00pm Studio 2</div>	<div> BOX 19:00pm Studio 1</div>			
<div> Les Mills BODY PUMP 18:30pm Studio 1</div>	<div> YOGA 19:00pm Studio 2</div>					
<div> FITSTEPS 19:20pm Studio 1</div>						

Valid from 13/05/2024 to 17/05/2024.