




























GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HYBR1D 07:00am Gym Floor	 STRENGTH 07:00am Gym Floor	 HYBR1D 07:00am Gym Floor	 STRENGTH 07:00am Gym Floor	 HIIT Circuits 07:00am Gym Floor	 RIDE Rhythm 08:00am Studio 1	 HIIT Circuits 17:30pm Gym Floor
 HYBR1D 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	 YOGALATES 09:00am Studio 2	 Les Mills BODY BALANCE 09:15am Studio 2
 PILATES 09:15am Studio 2	 STRENGTH 09:30am Gym Floor	 DANCE 09:15am Studio 1	 RIDE Rush 09:15am Studio 1	 HATHA FLOW YOGA 09:15am Studio 2	 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	 HYBR1D 09:30am Gym Floor	 YIN YOGA 10:00am Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY PUMP 09:15am Studio 1	 Les Mills BODY COMBAT 11:15am Studio 1
 YOGA 10:10am Studio 2	 Les Mills BODY BALANCE 10:15am Studio 2	 PILATES 10:05am Studio 2	 Les Mills BODY ATTACK 17:00pm Studio 1	 HIIT Strength 10:30am Gym Floor	 Les Mills BODY ATTACK 10:10am Studio 1	 HIIT Circuits 17:30pm Gym Floor
 FITSTEPS 10:30am Studio 1	 Les Mills BODY COMBAT 10:20am Studio 1	 HYBR1D 18:00pm Gym Floor	 PILATES 17:00pm Studio 2	 BARRE 10:30am Studio 2	 STRENGTH 10:30am Gym Floor	
 Les Mills BODY BALANCE 17:30pm Studio 2	 STRENGTH 18:00pm Gym Floor	 Les Mills BODY COMBAT 18:00pm Studio 1	 Les Mills BODY BALANCE 17:50pm Studio 2	 HYBR1D 18:00pm Gym Floor	 YIN YOGA 11:00am Studio 2	
 Les Mills BODY COMBAT 17:30pm Studio 1	 PILATES 18:00pm Studio 2	 PILATES 18:00pm Studio 2	 RIDE Rhythm 18:00pm Studio 1	 RIDE Rhythm & Core 18:00pm Studio 1	 HIIT Strength 17:30pm Gym Floor	

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>CORE</p> <p>18:00pm Gym Floor</p>	 <p>Les Mills BODY PUMP</p> <p>18:00pm Studio 1</p>	 <p>HIIT Circuits</p> <p>18:30pm Gym Floor</p>	 <p>HYBR1D</p> <p>18:30pm Gym Floor</p>	 <p>MINDFULNESS & MEDITATION</p> <p>18:00pm Studio 2</p>		
 <p>HYBR1D</p> <p>18:30pm Gym Floor</p>	 <p>STRENGTH</p> <p>18:30pm Gym Floor</p>	 <p>DANCE</p> <p>18:50pm Studio 1</p>	 <p>BOX</p> <p>19:00pm Studio 1</p>			
 <p>PILATES</p> <p>18:30pm Studio 2</p>	 <p>RIDE Rhythm</p> <p>19:00pm Studio 1</p>					
 <p>Les Mills BODY PUMP</p> <p>18:30pm Studio 1</p>	 <p>YOGA</p> <p>19:00pm Studio 2</p>					
 <p>FITSTEPS</p> <p>19:20pm Studio 1</p>						

Valid from 31/03/2025 to 04/04/2025.