

























GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|---|
|  <p>Les Mills BODY COMBAT 17:30pm Studio 1</p> |  <p>STRENGTH 07:00am Gym Floor</p> |  <p>HYBRID 07:00am Gym Floor</p> |  <p>STRENGTH 07:00am Gym Floor</p> |  <p>HIIT Circuits 07:00am Gym Floor</p> |  <p>RIDE Rhythm 08:00am Studio 1</p> |  <p>Les Mills BODY BALANCE 09:15am Studio 2</p> |
|  <p>Les Mills BODY BALANCE 17:30pm Studio 2</p> |  <p>PILATES 09:15am Studio 2</p> |  <p>STRETCH 09:00am Studio 2</p> |  <p>PILATES 09:10am Studio 2</p> |  <p>HIIT Circuits 09:15am Gym Floor</p> |  <p>YOGALATES 09:00am Studio 2</p> |  <p>Les Mills BODY PUMP 10:15am Studio 1</p> |
|  <p>CORE 18:00pm Gym Floor</p> |  <p>STRENGTH 09:30am Gym Floor</p> |  <p>DANCE 09:15am Studio 1</p> |  <p>RIDE Rush 09:15am Studio 1</p> |  <p>HATHA FLOW YOGA 09:15am Studio 2</p> |  <p>STRENGTH 09:15am Gym Floor</p> | |
|  <p>HYBRID 18:30pm Gym Floor</p> |  <p>Les Mills BODY PUMP 09:30am Studio 1</p> |  <p>HYBRID 09:30am Gym Floor</p> |  <p>YIN YOGA 10:00am Studio 2</p> |  <p>Les Mills BODY PUMP 09:30am Studio 1</p> |  <p>Les Mills BODY PUMP 09:15am Studio 1</p> | |
|  <p>PILATES 18:30pm Studio 2</p> |  <p>Les Mills BODY BALANCE 10:15am Studio 2</p> |  <p>PILATES 10:05am Studio 2</p> |  <p>Les Mills BODY ATTACK 17:00pm Studio 1</p> |  <p>BARRE 10:30am Studio 2</p> |  <p>Les Mills BODY ATTACK 10:10am Studio 1</p> | |
|  <p>Les Mills BODY PUMP 18:30pm Studio 1</p> |  <p>STRENGTH 18:00pm Gym Floor</p> |  <p>HYBRID 18:00pm Gym Floor</p> |  <p>PILATES 17:00pm Studio 2</p> |  <p>Les Mills BODY COMBAT 10:30am Studio 1</p> |  <p>STRENGTH 10:30am Gym Floor</p> | |
|  <p>FITSTEPS 19:20pm Studio 1</p> |  <p>PILATES 18:00pm Studio 2</p> |  <p>Les Mills BODY COMBAT 18:00pm Studio 1</p> |  <p>Les Mills BODY BALANCE 17:50pm Studio 2</p> |  <p>HYBRID 18:00pm Gym Floor</p> |  <p>YIN YOGA 11:00am Studio 2</p> | |
|  <p>HYBRID 07:00am Gym Floor</p> |  <p>Les Mills BODY PUMP 18:00pm Studio 1</p> |  <p>HIIT Circuits 18:30pm Gym Floor</p> |  <p>RIDE Rhythm 18:00pm Studio 1</p> |  <p>RIDE Rhythm & Core 18:00pm Studio 1</p> | | |

GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|----------|--------|
|  <p>HYBR1D</p> <p>09:15am Gym Floor</p> |  <p>STRENGTH</p> <p>18:30pm Gym Floor</p> |  <p>DANCE</p> <p>18:50pm Studio 1</p> |  <p>HYBR1D</p> <p>18:30pm Gym Floor</p> |  <p>MINDFULNESS & MEDITATION</p> <p>18:00pm Studio 2</p> | | |
|  <p>PILATES</p> <p>09:15am Studio 2</p> |  <p>RIDE Rhythm</p> <p>19:00pm Studio 1</p> | |  <p>BOX</p> <p>19:00pm Studio 1</p> | | | |
|  <p>RIDE Rhythm & Core</p> <p>09:15am Studio 1</p> |  <p>YOGA</p> <p>19:00pm Studio 2</p> | | | | | |
|  <p>YOGA</p> <p>10:10am Studio 2</p> | | | | | | |
|  <p>FITSTEPS</p> <p>10:30am Studio 1</p> | | | | | | |
|  <p>Les Mills BODY BALANCE</p> <p>17:30pm Studio 2</p> | | | | | | |
|  <p>Les Mills BODY COMBAT</p> <p>17:30pm Studio 1</p> | | | | | | |
|  <p>CORE</p> <p>18:00pm Gym Floor</p> | | | | | | |

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HYBR1D

18:30pm
Gym Floor



PILATES

18:30pm
Studio 2



**Les Mills
BODY PUMP**

18:30pm
Studio 1



FITSTEPS

19:20pm
Studio 1

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