





































GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|-----------|---|--------|----------|--------|
|  <p>Les Mills BODY PUMP 18:30pm Studio 1</p> |  <p>RIDE Rhythm 19:00pm Studio 1</p> | |  <p>BOX 19:00pm Studio 1</p> | | | |
|  <p>PILATES 18:30pm Studio 2</p> |  <p>YOGA 19:00pm Studio 2</p> | |  <p>STRENGTH 07:00am Gym Floor</p> | | | |
|  <p>FITSTEPS 19:20pm Studio 1</p> | | |  <p>PILATES 09:10am Studio 2</p> | | | |
| | | |  <p>STRENGTH 09:20am Studio 1</p> | | | |
| | | |  <p>YIN YOGA 10:00am Studio 2</p> | | | |
| | | |  <p>PILATES 17:00pm Studio 2</p> | | | |
| | | |  <p>Les Mills BODY ATTACK 17:00pm Studio 1</p> | | | |
| | | |  <p>Les Mills BODY BALANCE 17:30pm Studio 2</p> | | | |

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Rhythm

18:00pm
Studio 1



HYBR1D

18:00pm
Gym Floor



BOX

19:00pm
Studio 1

Valid from 18/11/2024 to 22/11/2024.