MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

08:00am Studio 2 **8**

HIIT Circuits

17:30pm Gym Floor



RIDE Rhythm

07:00am Studio 3



YOGALATES

08:10am Studio 2



PILATES

08:00am Studio 2



BOX

08:00am Studio 1



HYBR1D

09:00am Gym Floor



Les Mills BODY PUMP

> 09:00am Studio 1



Les Mills BODY BALANCE

Studio 1

PILATES

08:00am Studio 2



SHAPE

09:00am Studio 1



Les Mills BODY PUMP

> 08:15am Studio 1



Les Mills BODY PUMP

09:00am Studio 1



Les Mills BODY PUMP

09:15am Studio 1



PILATES

09:15am Studio 2



RIDE Rhythm

18:00pm Studio 3



Les Mills BODY PUMP

> 09:00am Studio 1



PILATES

09:15am Studio 2



Les Mills BODY BALANCE

Studio 2

YOGALATES

09:10am Studio 2 VINYASA YOGA 09:30am

Studio 2



RIDE Rhythm

09:30am Studio 3



PILATES

18:00pm Studio 2



PILATES

09:00am Studio 2



RIDE Race

09:30am Studio 3



STEP

09:30am Studio 1



AQUA

09:45am Pool



Les Mills BODY

Studio 1



Les Mills BODY GOMBAT

Studio 1



Les Mills BODY GOMBAT

Studio 1

| | '



RIDE Rhythm Disco 09:20am

Studio 3



GROOVE AEROBICS

09:55am Studio 1



RIDE Rhythm

10:15am Studio 3



Les Mills BODY GOMBAT

Studio 1

HIIT Circuits

10:30am Gym Floor



HIIT Circuits

10:30am Gym Floor



YOGA

19:00pm Studio 2

RIDE Rhythm

Disco

19:00pm

Studio 3



IOGALATES

09:55am Studio 2



10:15am Studio 2



VINYASA YOGA

10:15am Studio 2



Les Mills BODY BALANCE Studio 2 10:30am

Studio 3



YOGA

11:45am Studio 2



STEP

10:00am Studio 1



CORE

10:30am Gym Floor



HIIT Circuits

10:30am Gym Floor



CORE

11:00am Gym Floor



BODY

Studio 2



HATHA YOGA

13:00pm Studio 2



Les Mills

19:20pm Studio 1



RIDE Rhythm

10:00am Studio 3



AQUA

10:30am Pool



SHAPE

10:30am Studio 1



RIDE Race

11:00am Studio 3



PILATES 11:15am Studio 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



STEP

17:10pm Studio 1



RIDE Rhythm

07:00am Studio 3



HIIT Circuits

10:30am Gym Floor



Les Mills **BODY**

BALANCE Studio 1

YOGA

11:15am Studio 2



HIIT Circuits

17:30pm Gym Floor



CORE

17:30pm Gym Floor



CORE

17:30pm Gym Floor

RIDE Race

18:00pm

Studio 3



FITNESS PILATES

08:15am **Function Room**



PURE STRETCH

10:50am Studio 2



PILATES

11:30am Studio 2



MOVE

11:30am Studio 1



SHAPE

09:15am Studio 1



ZUMBA

11:00am Studio 1



ZUMBA GOLD

11:45am Studio 1



TAI CHI

12:30pm Studio 2



Les Mills **BODY PUMP**

18:05pm Studio 1



VINYASA **YOGA**

09:15am Studio 2



HATHA YOGA

11:45am Studio 2



PILATES

12:30pm Studio 2



PILATES

12:30pm Studio 1



PILATES

19:00pm Studio 2



RIDE Rhythm

09:30am Studio 3



ZUMBA GOLD

12:00pm Studio 1



HIIT Circuits

17:30pm Gym Floor



AQUA

12:30pm Pool



BAG BASS BOX

19:00pm Studio 1



AQUA

10:15am Pool



AQUA

13:00pm Pool



Les Mills **BODY ATTACK**

17:45pm Studio 1



CORE

17:30pm Gym Floor



PILATES

10:15am Studio 2



PILATES

17:15pm Studio 2



PILATES

18:00pm Studio 2



BAG BASS BOX

17:30pm Studio 1



BAG BASS BOX

10:15am Studio 1



CORE

17:30pm Gym Floor



RIDE Rhythm

18:30pm Studio 3



AQUA ZUMBA

17:30pm Pool

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



CORE

10:30am Gym Floor



SHAPE

17:45pm Studio 1



Les Mills BODY PUMP

18:45pm Studio 1



PURE STRETCH

18:00pm Studio 2



Les Mills BODY PUMP

11:15am Studio 1



ZUMBA

18:30pm Studio 2



YOGA

19:00pm Studio 2



RIDE Rhythm

18:00pm Studio 3



RIDE Rhythm

11:15am Studio 3



RIDE Race

18:30pm Studio 3



HYBR1D

19:00pm Gym Floor



ZUMBA

18:30pm Studio 1



BARRE

11:15am Studio 2



BAG BASS BOX

18:40pm Studio 1



AQUA

19:05pm Pool



BARRE

19:00pm Studio 2



AQUA ZUMBA

12:00pm Pool



STRETCH

19:30pm Function Room



FITNESS

PILATES 19:40pm Studio 1



PILATES

12:15pm



Les Mills BODY BALANCE

Studio 1



MINDFULNESS & MEDITATION

Studio 2



YOGA

13:10pm Function Room



HIIT Circuits

17:30pm Gym Floor

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills BODY BALANCE

Studio 1



RIDE Rhythm

18:00pm Studio 3



PILATES

18:00pm Studio 2



Les Mills BODY GOMBAT

Studio 1



YOGA

19:00pm Studio 2



RIDE Rhythm Disco

> 19:00pm Studio 3



Les Mills BODY PUMP

> 19:20pm Studio 1