







































































































































GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|---|---|
|  CORE 17:30pm Gym Floor |  RIDE Rhythm 07:00am Studio 3 |  RIDE Rhythm 07:00am Studio 3 |  YOGALATES 08:10am Studio 2 |  PILATES 08:00am Studio 2 |  FITNESS PILATES 08:00am Studio 1 |  RIDE Race 08:30am Studio 3 |
|  FITNESS PILATES 18:00pm Studio 2 |  FITNESS PILATES 08:15am Studio 2 |  PILATES 07:50am Studio 2 |  SHAPE 09:00am Studio 1 |  Les Mills BODY PUMP 08:15am Studio 1 |  Les Mills BODY PUMP 09:00am Studio 1 |  HYBRID 09:00am Gym Floor |
|  RIDE Race 18:00pm Studio 3 |  VINYASA YOGA 09:10am Studio 2 |  Les Mills BODY BALANCE 08:00am Studio 1 |  PILATES 09:15am Studio 2 |  Les Mills BODY BALANCE 09:10am Studio 2 |  POWER YOGA 09:15am Studio 2 |  Les Mills BODY PUMP 09:15am Studio 1 |
|  Les Mills BODY PUMP 18:05pm Studio 1 |  SHAPE 09:15am Studio 1 |  PILATES 08:50am Studio 2 |  RIDE Race 09:30am Studio 3 |  STEP 09:15am Studio 1 |  AQUA 09:45am Pool |  VINYASA YOGA 09:15am Studio 2 |
|  PILATES 19:00pm Studio 2 |  BAG BASS BOX 10:15am Studio 1 |  Les Mills BODY PUMP 09:00am Studio 1 |  GROOVE AEROBICS 09:55am Studio 1 |  VINYASA YOGA 10:05am Studio 2 |  Les Mills BODY COMBAT 10:00am Studio 1 |  Les Mills BODY ATTACK 10:15am Studio 1 |
|  BAG BASS BOX 19:00pm Studio 1 |  AQUA 10:15am Pool |  RIDE Rhythm 09:20am Studio 3 |  YOGALATES 10:15am Studio 2 |  SHAPE 10:15am Studio 1 |  Les Mills BODY BALANCE 10:15am Studio 2 |  HIIT 10:30am Gym Floor |
|  RIDE Rhythm 19:00pm Studio 3 |  PILATES 10:15am Studio 2 |  STEP 09:50am Studio 1 |  CORE 10:30am Gym Floor |  RIDE Rhythm 10:15am Studio 3 |  CORE 11:00am Gym Floor |  RIDE Rhythm 10:30am Studio 3 |
|  PILATES 08:00am Studio 2 |  CORE 10:30am Gym Floor |  YOGALATES 09:55am Studio 2 |  AQUA 10:30am Pool |  HIIT 10:30am Gym Floor |  RIDE Race 11:00am Studio 3 |  Les Mills BODY BALANCE 10:30am Studio 2 |

GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|---|--|
|  <p>Les Mills BODY PUMP 09:00am Studio 1</p> |  <p>RIDE Rhythm 11:15am Studio 3</p> |  <p>RIDE Rhythm 10:00am Studio 3</p> |  <p>Les Mills BODY BALANCE 10:45am Studio 1</p> |  <p>FITNESS PILATES 11:15am Studio 1</p> |  <p>BAG BASS BOX 11:00am Studio 1</p> |  <p>FITNESS PILATES 11:15am Studio 1</p> |
|  <p>PILATES 09:15am Studio 2</p> |  <p>Les Mills BODY PUMP 11:15am Studio 1</p> |  <p>HIIT 10:30am Gym Floor</p> |  <p>FITNESS PILATES 11:30am Studio 2</p> |  <p>HATHA YOGA 11:15am Studio 2</p> |  <p>HIIT 17:30pm Gym Floor</p> |  <p>CORE 17:30pm Gym Floor</p> |
|  <p>RIDE Rhythm 09:30am Studio 3</p> |  <p>BARRE 11:30am Studio 2</p> |  <p>STRETCH 10:50am Studio 2</p> |  <p>ZUMBA GOLD 11:45am Studio 1</p> |  <p>TAI CHI 12:15pm Studio 1</p> | | |
|  <p>Les Mills BODY COMBAT 10:00am Studio 1</p> |  <p>AQUA ZUMBA 12:00pm Pool</p> |  <p>ZUMBA 11:00am Studio 1</p> |  <p>PILATES 12:30pm Studio 2</p> |  <p>PILATES 12:20pm Studio 2</p> | | |
|  <p>AQUA 10:00am Pool</p> |  <p>PILATES 12:15pm Studio 1</p> |  <p>HATHA YOGA 11:45am Studio 2</p> |  <p>HIIT 17:30pm Gym Floor</p> |  <p>AQUA 12:30pm Pool</p> | | |
|  <p>Les Mills BODY BALANCE 10:05am Studio 2</p> |  <p>MINDFULNESS & MEDITATION 12:30pm Studio 2</p> |  <p>ZUMBA GOLD 12:00pm Studio 1</p> |  <p>Les Mills BODY ATTACK 17:45pm Studio 1</p> |  <p>CORE 17:30pm Gym Floor</p> | | |
|  <p>HIIT 10:30am Gym Floor</p> |  <p>HATHA FLOW YOGA 17:00pm Studio 2</p> |  <p>AQUA 13:00pm Pool</p> |  <p>HATHA FLOW YOGA 18:00pm Studio 2</p> |  <p>BAG BASS BOX 17:30pm Studio 1</p> | | |
|  <p>Les Mills BODY BALANCE 10:50am Studio 2</p> |  <p>HIIT 17:30pm Gym Floor</p> |  <p>RESTORATIVE YOGA 13:00pm Studio 2</p> |  <p>RIDE Rhythm 18:30pm Studio 3</p> |  <p>AQUA ZUMBA 17:30pm Pool</p> | | |

GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|----------|--------|
|  <p>ZUMBA 11:00am Studio 1</p> |  <p>Les Mills BODY BALANCE 17:30pm Studio 1</p> |  <p>PILATES 17:15pm Studio 2</p> |  <p>HYBR1D 18:30pm Gym Floor</p> |  <p>RIDE Rhythm 18:00pm Studio 3</p> | | |
|  <p>HATHA YOGA 11:45am Studio 2</p> |  <p>PILATES 18:00pm Studio 2</p> |  <p>CORE 17:30pm Gym Floor</p> |  <p>Les Mills BODY PUMP 18:45pm Studio 1</p> |  <p>PURE STRETCH 18:00pm Studio 2</p> | | |
|  <p>POWER YOGA 13:00pm Studio 2</p> |  <p>RIDE Rhythm 18:00pm Studio 3</p> |  <p>SHAPE 17:45pm Studio 1</p> |  <p>YIN YOGA 19:00pm Studio 2</p> |  <p>ZUMBA 18:30pm Studio 1</p> | | |
|  <p>STEP 17:10pm Studio 1</p> |  <p>Les Mills BODY COMBAT 18:20pm Studio 1</p> |  <p>RIDE Race 18:30pm Studio 3</p> |  <p>AQUA 19:05pm Pool</p> |  <p>BARRE 19:00pm Studio 2</p> | | |
|  <p>CORE 17:30pm Gym Floor</p> |  <p>RIDE Rhythm 18:50pm Studio 3</p> |  <p>ZUMBA 18:30pm Studio 2</p> |  <p>FITNESS PILATES 19:40pm Studio 1</p> |  <p>YOGA NIDRA 20:00pm Studio 2</p> | | |
|  <p>FITNESS PILATES 18:00pm Studio 2</p> |  <p>VINYASA YOGA 19:00pm Studio 2</p> |  <p>BAG BASS BOX 18:40pm Studio 1</p> |  <p>MINDFULNESS & MEDITATION 20:00pm Studio 2</p> | | | |
|  <p>RIDE Race 18:00pm Studio 3</p> |  <p>HYBR1D 19:00pm Gym Floor</p> |  <p>STRETCH 19:30pm Studio 2</p> | | | | |
|  <p>Les Mills BODY PUMP 18:05pm Studio 1</p> |  <p>Les Mills BODY PUMP 19:20pm Studio 1</p> | | | | | |

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

19:00pm
Studio 2



**BAG BASS
BOX**

19:00pm
Studio 1



RIDE Rhythm

19:00pm
Studio 3

Valid from 09/03/2026 to 13/03/2026.