































































































































GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY BALANCE 10:30am Studio 2	 Les Mills BODY PUMP 11:15am Studio 1	 RIDE Rhythm 10:00am Studio 3	 Les Mills BODY BALANCE 10:45am Studio 1	 FITNESS PILATES 11:15am Studio 1	 RIDE Race 11:00am Studio 3	 FITNESS PILATES 11:15am Studio 1
 ZUMBA 11:00am Studio 1	 RIDE Rhythm 11:15am Studio 3	 HIIT 10:30am Gym Floor	 ZUMBA GOLD 11:45am Studio 1	 HATHA YOGA 11:15am Studio 2	 BAG BASS BOX 11:00am Studio 1	 HATHA FLOW YOGA 11:30am Studio 2
 HATHA YOGA 11:45am Studio 2	 BARRE 11:30am Studio 2	 STRETCH 10:50am Studio 2	 PILATES 12:30pm Studio 2	 MENOFIT 12:15pm Studio 1	 HIIT 17:30pm Gym Floor	 CORE 17:30pm Gym Floor
 POWER YOGA 13:00pm Studio 2	 AQUA ZUMBA 12:00pm Pool	 ZUMBA 11:00am Studio 1	 HIIT 17:30pm Gym Floor	 TAI CHI 12:30pm Studio 2		
 STEP 17:10pm Studio 1	 PILATES 12:15pm Studio 1	 HATHA YOGA 11:45am Studio 2	 Les Mills BODY ATTACK 17:45pm Studio 1	 AQUA 12:30pm Pool		
 CORE 17:30pm Gym Floor	 MINDFULNESS & MEDITATION 12:30pm Studio 2	 ZUMBA GOLD 12:00pm Studio 1	 MENOFIT 18:00pm Studio 2	 Les Mills BODY BALANCE 17:00pm Studio 2		
 RIDE Race 18:00pm Studio 3	 HIIT 17:30pm Gym Floor	 AQUA 13:00pm Pool	 RIDE Rhythm 18:30pm Studio 3	 CORE 17:30pm Gym Floor		
 FITNESS PILATES 18:00pm Studio 2	 Les Mills BODY BALANCE 17:30pm Studio 1	 RESTORATIVE YOGA 13:00pm Studio 2	 HYBR1D 18:30pm Gym Floor	 AQUA ZUMBA 17:30pm Pool		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY PUMP 18:05pm Studio 1	 PILATES 18:00pm Studio 2	 PILATES 17:15pm Studio 2	 Les Mills BODY PUMP 18:45pm Studio 1	 BAG BASS BOX 17:30pm Studio 1		
 BAG BASS BOX 19:00pm Studio 1	 RIDE Rhythm 18:00pm Studio 3	 CORE 17:30pm Gym Floor	 YIN YOGA 19:00pm Studio 2	 PURE STRETCH 18:00pm Studio 2		
 PILATES 19:00pm Studio 2	 Les Mills BODY COMBAT 18:25pm Studio 1	 SHAPE 17:45pm Studio 1	 AQUA 19:05pm Pool	 RIDE Rhythm 18:00pm Studio 3		
 RIDE Rhythm 19:00pm Studio 3	 RIDE Rhythm 18:50pm Studio 3	 ZUMBA 18:30pm Studio 2	 FITNESS PILATES 19:40pm Studio 1	 ZUMBA 18:30pm Studio 1		
	 VINYASA YOGA 19:00pm Studio 2	 RIDE Race 18:30pm Studio 3	 MINDFULNESS & MEDITATION 20:00pm Studio 2	 BARRE 19:00pm Studio 2		
	 HYBR1D 19:00pm Gym Floor	 BAG BASS BOX 18:40pm Studio 1		 YOGA NIDRA 20:00pm Studio 2		
	 Les Mills BODY PUMP 19:20pm Studio 1	 STRETCH 19:30pm Studio 2				

Valid from 08/12/2025 to 12/12/2025.