
















































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Les Mills BODY PUMP</b> 09:30am Studio 1</p>	 <p><b>Les Mills BODY PUMP</b> 06:45am Studio 1</p>	 <p><b>PILATES</b> 08:00am Studio 1</p>	 <p><b>FUNCTIONAL CIRCUITS</b> 07:00am Gym Floor</p>	 <p><b>SHAPE</b> 09:15am Studio 1</p>	 <p><b>Les Mills BODY PUMP</b> 09:15am Studio 1</p>	 <p><b>Les Mills BODY COMBAT</b> 09:00am Studio 1</p>
 <p><b>Les Mills BODY BALANCE</b> 10:30am Studio 1</p>	 <p><b>RIDE Rhythm</b> 09:30am Group Cycle</p>	 <p><b>Les Mills BODY COMBAT</b> 09:15am Studio 1</p>	 <p><b>RIDE Rhythm</b> 09:15am Group Cycle</p>	 <p><b>YOGALATES</b> 10:15am Studio 1</p>	 <p><b>DANCE</b> 10:15am Studio 1</p>	 <p><b>Les Mills BODY PUMP</b> 09:45am Studio 1</p>
 <p><b>YOGA</b> 13:00pm Studio 1</p>	 <p><b>GOLF CIRCUITS</b> 10:00am Studio 1</p>	 <p><b>Les Mills BODY PUMP</b> 10:00am Studio 1</p>	 <p><b>Les Mills BODY BALANCE</b> 10:15am Studio 1</p>	 <p><b>YOGA</b> 11:15am Studio 1</p>	 <p><b>YOGALATES</b> 11:00am Studio 1</p>	 <p><b>STRETCH</b> 10:45am Studio 1</p>
 <p><b>RIDE Rhythm</b> 19:00pm Group Cycle</p>	 <p><b>PILATES</b> 11:30am Studio 1</p>	 <p><b>RIDE Rhythm</b> 10:15am Group Cycle</p>	 <p><b>SHAPE</b> 11:00am Studio 1</p>	 <p><b>AQUA</b> 12:30pm Pool</p>	 <p><b>RIDE Race</b> 09:00am Group Cycle</p>	 <p><b>YOGA</b> 11:45am Studio 1</p>
 <p><b>ZUMBA</b> 19:15pm Studio 1</p>	 <p><b>AQUA</b> 12:30pm Pool</p>	 <p><b>GOLF CIRCUITS</b> 11:00am Studio 1</p>	 <p><b>AQUA</b> 12:00pm Pool</p>	 <p><b>RIDE Rhythm</b> 18:15pm Group Cycle</p>	 <p><b>Les Mills BODY PUMP</b> 09:15am Studio 1</p>	 <p><b>HIIT Circuits</b> 13:00pm Studio 1</p>
 <p><b>PILATES</b> 20:00pm Studio 1</p>	 <p><b>Les Mills BODY COMBAT</b> 18:00pm Studio 1</p>	 <p><b>PILATES</b> 13:15pm Studio 1</p>	 <p><b>Les Mills BODY COMBAT</b> 18:00pm Studio 1</p>		 <p><b>DANCE</b> 10:15am Studio 1</p>	
	 <p><b>RIDE Race</b> 18:15pm Group Cycle</p>	 <p><b>RIDE Rhythm</b> 18:15pm Group Cycle</p>	 <p><b>ZUMBA</b> 19:00pm Studio 1</p>		 <p><b>YOGALATES</b> 11:00am Studio 1</p>	
	 <p><b>YOGA</b> 19:00pm Studio 1</p>	 <p><b>Les Mills BODY PUMP</b> 19:00pm Studio 1</p>	 <p><b>PILATES</b> 19:45pm Studio 1</p>			

# GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**AQUA**

19:00pm  
Pool



**YOGA**

19:45pm  
Studio 1

Valid from 22/07/2024 to 26/07/2024.