






# GROUP CLASSES TIMETABLE

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

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<div><div></div><div>YOGA</div><div>19:45pm Studio 1</div></div>				

Valid from 06/05/2024 to 10/05/2024.