

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rush 06:30am Studio 1	 HIIT 18:00pm Studio 1	 STRETCH 07:00am Studio 1	 FUNCTIONAL CIRCUITS 07:00am Studio 1	 SHAPE 09:15am Studio 1	 CORE 08:15am Studio 1	 Les Mills BODY COMBAT 09:00am Studio 1
 Les Mills BODY PUMP 09:30am Studio 1	 HYBR1D 18:15pm Gym Floor	 Les Mills BODY COMBAT 09:15am Studio 1	 RIDE Rhythm 09:10am Group Cycle	 RIDE Rhythm 10:05am Group Cycle	 STRENGTH 09:00am Studio 1	 Les Mills BODY PUMP 09:50am Studio 1
 SHAPE 10:20am Studio 1	 AQUA 19:00pm Pool	 Les Mills BODY PUMP 10:00am Studio 1	 SHAPE 10:00am Studio 1	 YOGALATES 10:15am Studio 1	 RIDE Rhythm 09:00am Group Cycle	 STRETCH 11:00am Studio 1
 Les Mills BODY BALANCE 11:10am Studio 1	 HATHA YOGA 19:00pm Studio 1	 RIDE Rhythm 11:00am Group Cycle	 Les Mills BODY BALANCE 11:00am Studio 1	 VINYASA YOGA 11:15am Studio 1	 DANCE 10:15am Studio 1	
 YOGALATES 12:00pm Studio 1	 PILATES 07:00am Studio 1	 FUNCTIONAL CIRCUITS 12:00pm Studio 1	 AQUA 12:00pm Pool	 AQUA 13:00pm Pool	 YOGALATES 11:05am Studio 1	
 YIN YOGA 13:00pm Studio 1	 STEP 09:00am Studio 1	 AQUA 13:00pm Pool	 PILATES 12:30pm Studio 1			
 STRENGTH power 18:15pm Studio 1	 RIDE Rhythm 09:30am Group Cycle	 STEP 18:00pm Studio 1	 ZUMBA 18:00pm Studio 1			
 RIDE Rhythm 19:00pm Group Cycle	 STRENGTH 09:45am Studio 1	 RIDE Rhythm 18:00pm Group Cycle	 RIDE Rhythm 18:15pm Group Cycle			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>ZUMBA</p> <p>19:15pm Studio 1</p>	 <p>PILATES</p> <p>11:30am Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>18:50pm Studio 1</p>	 <p>HYBR1D</p> <p>19:00pm Gym Floor</p>			
 <p>PILATES</p> <p>20:00pm Studio 1</p>	 <p>AQUA</p> <p>12:30pm Studio 1</p>	 <p>HYBR1D</p> <p>19:00pm Gym Floor</p>	 <p>AQUA</p> <p>19:00pm Pool</p>			
	 <p>HIIT</p> <p>18:00pm Studio 1</p>	 <p>YOGALATES</p> <p>19:45pm Studio 1</p>	 <p>PILATES</p> <p>19:15pm Studio 1</p>			
	 <p>HYBR1D</p> <p>18:15pm Gym Floor</p>					
	 <p>AQUA</p> <p>19:00pm Pool</p>					
	 <p>HATHA YOGA</p> <p>19:00pm Studio 1</p>					

Valid from 02/03/2026 to 06/03/2026.