GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills **BODY PUMP**

09:30am Studio 1



RIDE Rhythm

09:30am **Group Cycle**



PILATES

08:00am Studio 1



RIDE Rhythm

09:15am Group Cycle



Les Mills **BODY PUMP**

06:45am Studio 1



RIDE Rhythm

09:00am **Group Cycle**



Les Mills **BODY** 69:MBAT

Studio 1



Les Mills **BODY** BALANCE

Studio 1



GOLF CIRCUITS

10:00am Studio 1



Les Mills **BODY** 69MBAT

Studio 1



Les Mills **BODY** BALANCE

Studio 1



YOGA

09:15am Studio 1



Les Mills **BODY PUMP**

09:15am Studio 1



Les Mills **BODY PUMP**

09:45am Studio 1



YOGA

13:00pm Studio 1



PILATES

11:30am Studio 1



Les Mills **BODY PUMP**

10:00am Studio 1



SHAPE

11:00am Studio 1



SHAPE

10:15am Studio 1



DANCE

10:15am Studio 1



STRETCH

10:30am Studio 1



Les Mills **BODY PUMP**

18:15pm Studio 1



AQUA

12:30pm Pool



RIDE Rhythm

10:15am **Group Cycle**



AQUA

12:00pm Pool



YOGALATES

11:15am Studio 1



YOGALATES

11:00am Studio 1



RIDE Rhythm

19:00pm **Group Cycle**



Les Mills **BODY**

GRIMBAT Studio 1



GOLF CIRCUITS

11:00am Studio 1



Les Mills **BODY**

GRABAT Studio 1



AQUA

12:30pm Pool



ZUMBA

19:15pm



RIDE Rhythm

18:15pm Group Cycle



PILATES

13:15pm Studio 1



ZUMBA

19:00pm Studio 1



RIDE Rhythm

18:15pm Group Cycle



Studio 1

PILATES 20:00pm

Studio 1



AQUA

19:00pm Pool



RIDE Rhythm

18:15pm Group Cycle



PILATES

19:45pm Studio 1



YOGA

19:00pm Studio 1

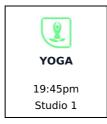


Les Mills **BODY PUMP**

19:00pm Studio 1

GROUP CLASSES TIMETABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



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