GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills **BODY PUMP**

09:30am Studio 1



RIDE Rhythm

09:30am **Group Cycle**



Les Mills **BODY** 69MBAT

Studio 1



FUNCTIONAL CIRCUITS

07:00am Gym Floor



SHAPE

09:15am Studio 1



RIDE Rhythm

09:00am **Group Cycle**



Les Mills **BODY** 69:MBAT





SHAPE

10:20am Studio 1



Les Mills **BODY** 69MBAT

Studio 1



Les Mills **BODY PUMP**

10:00am Studio 1



RIDE Rhythm

09:10am **Group Cycle**



YOGALATES

10:15am Studio 1



CORE

09:15am Studio 1



Les Mills **BODY PUMP**

09:50am Studio 1



Les Mills **BODY** BALANCE

Studio 1



FUNCTIONAL CIRCUITS

10:30am Studio 1



FUNCTIONAL CIRCUITS

11:00am Studio 1



SHAPE

10:00am Studio 1



VINYASA YOGA

11:15am Studio 1



DANCE

10:15am Studio 1



STRETCH

11:00am Studio 1



YIN YOGA

13:00pm Studio 1



PILATES

11:30am Studio 1



AQUA

13:00pm Pool



Les Mills **BODY**

BALANCE Studio 1



AQUA

12:30pm Pool



YOGALATES

11:05am Studio 1



STRENGTH power

18:00pm Studio 1



AQUA

12:30pm Pool



PILATES

13:15pm Studio 1



AQUA

12:00pm Pool



RIDE Rhythm

18:15pm **Group Cycle**



SHAPE

18:00pm Studio 1

HYBR1D

18:15pm

Gym Floor



RIDE Rhythm

18:15pm **Group Cycle**



PILATES

13:30pm Studio 1



HYBR1D

19:00pm Gym Floor



ZUMBA

18:00pm Studio 1



AQUA

19:00pm Pool



Les Mills **BODY PUMP**

19:00pm Studio 1



RIDE Rhythm

18:15pm Group Cycle

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HATHA YOGA

19:00pm Studio 1



YOGA

19:45pm Studio 1



AQUA

19:00pm Pool



STRETCH

07:00am Studio 1



PILATES

19:15pm Studio 1



Les Mills BODY 69:MBAT

Studio 1



Les Mills BODY PUMP

> 10:00am Studio 1



FUNCTIONAL CIRCUITS

11:00am Studio 1



AQUA

13:00pm Pool



PILATES

13:15pm Studio 1



RIDE Rhythm

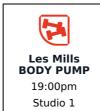
18:00pm Group Cycle

GROUP CLASSES TIMETABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



19:00pm Gym Floor





Valid from 28/04/2025 to 02/05/2025.