



























































# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>RIDE Rush</b> 06:30am Studio 1	 <b>PILATES</b> 07:00am Studio 1	 <b>STRETCH</b> 07:00am Studio 1	 <b>FUNCTIONAL CIRCUITS</b> 07:00am Studio 1	 <b>SHAPE</b> 09:15am Studio 1	 <b>CORE</b> 08:15am Studio 1	 <b>Les Mills BODY COMBAT</b> 09:00am Studio 1
 <b>Les Mills BODY PUMP</b> 09:30am Studio 1	 <b>STEP</b> 09:00am Studio 1	 <b>Les Mills BODY COMBAT</b> 09:15am Studio 1	 <b>RIDE Rhythm</b> 09:10am Group Cycle	 <b>RIDE Rhythm</b> 10:05am Group Cycle	 <b>STRENGTH</b> 09:00am Studio 1	 <b>Les Mills BODY PUMP</b> 09:50am Studio 1
 <b>RIDE Rhythm</b> 10:15am Group Cycle	 <b>RIDE Rhythm</b> 09:30am Group Cycle	 <b>Les Mills BODY PUMP</b> 10:00am Studio 1	 <b>SHAPE</b> 10:00am Studio 1	 <b>YOGALATES</b> 10:15am Studio 1	 <b>RIDE Rhythm</b> 09:00am Group Cycle	 <b>STRETCH</b> 11:00am Studio 1
 <b>SHAPE</b> 10:20am Studio 1	 <b>STRENGTH</b> 09:45am Studio 1	 <b>AQUA</b> 13:00pm Pool	 <b>Les Mills BODY BALANCE</b> 10:50am Studio 1	 <b>VINYASA YOGA</b> 11:15am Studio 1	 <b>DANCE</b> 10:15am Studio 1	
 <b>Les Mills BODY BALANCE</b> 11:10am Studio 1	 <b>FUNCTIONAL CIRCUITS</b> 10:30am Studio 1	 <b>PILATES</b> 13:15pm Studio 1	 <b>AQUA</b> 12:00pm Pool	 <b>AQUA</b> 13:00pm Pool	 <b>YOGALATES</b> 11:05am Studio 1	
 <b>YOGALATES</b> 12:00pm Studio 1	 <b>PILATES</b> 11:30am Studio 1	 <b>STEP</b> 18:00pm Studio 1	 <b>PILATES</b> 12:30pm Studio 1			
 <b>YIN YOGA</b> 13:00pm Studio 1	 <b>AQUA</b> 12:30pm Pool	 <b>RIDE Rhythm</b> 18:00pm Group Cycle	 <b>ZUMBA</b> 18:00pm Studio 1			
 <b>MENOFIT</b> 16:45pm Studio 1	 <b>MENOFIT</b> 12:30pm Studio 1	 <b>Les Mills BODY PUMP</b> 18:50pm Studio 1	 <b>RIDE Rhythm</b> 18:15pm Group Cycle			

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div></div> <div><b>STRENGTH power</b> 18:15pm Studio 1</div>	<div></div> <div><b>SHAPE</b>  18:00pm Studio 1</div>	<div></div> <div><b>HYBR1D</b>  19:00pm Gym Floor</div>	<div></div> <div><b>HYBR1D</b>  19:00pm Gym Floor</div>			
<div></div> <div><b>RIDE Rhythm</b>  19:00pm Group Cycle</div>	<div></div> <div><b>HYBR1D</b>  18:15pm Gym Floor</div>	<div></div> <div><b>YOGALATES</b>  19:45pm Studio 1</div>	<div></div> <div><b>AQUA</b>  19:00pm Pool</div>			
<div></div> <div><b>ZUMBA</b>  19:15pm Studio 1</div>	<div></div> <div><b>AQUA</b>  19:00pm Pool</div>		<div></div> <div><b>PILATES</b>  19:15pm Studio 1</div>			
<div></div> <div><b>PILATES</b>  20:00pm Studio 1</div>	<div></div> <div><b>HATHA YOGA</b>  19:00pm Studio 1</div>					

Valid from 01/12/2025 to 05/12/2025.