# **GROUP CLASSES TIMETABLE**

**THURSDAY** 

# MONDAY

### STRENGTH power 18:15pm Studio 1



**TUESDAY** 

09:30am Group Cycle



**WEDNESDAY** 

07:00am Studio 1



CIRCUITS 07:00am Gym Floor



**FRIDAY** 

09:15am Studio 1



**SATURDAY** 

09:00am Group Cycle



**SUNDAY** 

Les Mills BODY 69.66AT Studio 1



RIDE Rhythm

19:00pm Group Cycle



Les Mills BODY 69:30an Studio 1



Les Mills BODY 69:MBAT

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



#### ZUMBA

19:15pm Studio 1



FUNCTIONAL CIRCUITS

10:30am Studio 1



Les Mills BODY PUMP

10:00am Studio 1



SHAPE

10:00am Studio 1



VINYASA YOGA

11:15am Studio 1



#### DANCE

10:15am Studio 1



## STRETCH

11:00am Studio 1



PILATES

20:00pm Studio 1



**PILATES** 

11:30am Studio 1



FUNCTIONAL CIRCUITS

11:00am Studio 1



Les Mills BODY BALANCE

Studio 1



**AQUA** 

13:00pm Pool



#### **YOGALATES**

11:05am Studio 1



Les Mills BODY PUMP

09:30am Studio 1



AQUA

12:30pm Pool



AQUA

13:00pm Pool



AQUA

12:00pm Pool



#### **RIDE Rhythm**

18:15pm Group Cycle



SHAPE

10:20am Studio 1

Les Mills

BODY BALANCE

Studio 1



SHAPE

18:00pm Studio 1

**HYBR1D** 

18:15pm

Gym Floor



## PILATES

13:15pm Studio 1



# PILATES

13:30pm Studio 1



#### **RIDE Rhythm**

18:00pm Studio 1



#### **ZUMBA**

18:00pm Studio 1



YIN YOGA

13:00pm Studio 1



19:00pm Pool



HYBR1D

19:00pm Gym Floor



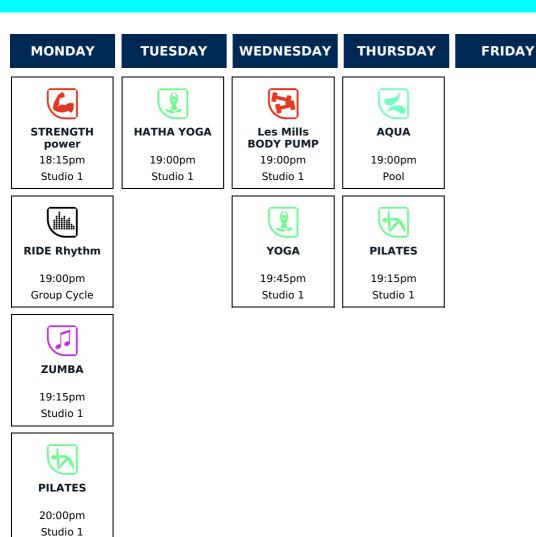
**RIDE Rhythm** 

18:15pm Group Cycle

# **GROUP CLASSES TIMETABLE**

**SATURDAY** 

**SUNDAY** 



Valid from 16/06/2025 to 20/06/2025.