
































































GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div></div> <div>RIDE Rhythm</div> <div>19:00pm Group Cycle</div>	<div></div> <div>RIDE Rhythm</div> <div>09:30am Group Cycle</div>	<div></div> <div>HYBR1D</div> <div>19:00pm Gym Floor</div>	<div></div> <div>HYBR1D</div> <div>19:00pm Gym Floor</div>			
<div></div> <div>ZUMBA</div> <div>19:15pm Studio 1</div>	<div></div> <div>STRENGTH</div> <div>09:45am Studio 1</div>	<div></div> <div>YOGALATES</div> <div>19:45pm Studio 1</div>	<div></div> <div>AQUA</div> <div>19:00pm Pool</div>			
<div></div> <div>PILATES</div> <div>20:00pm Studio 1</div>	<div></div> <div>FUNCTIONAL CIRCUITS</div> <div>10:30am Studio 1</div>		<div></div> <div>PILATES</div> <div>19:15pm Studio 1</div>			
	<div></div> <div>PILATES</div> <div>11:30am Studio 1</div>					
	<div></div> <div>AQUA</div> <div>12:30pm Pool</div>					
	<div></div> <div>PILATES</div> <div>13:30pm Studio 1</div>					
	<div></div> <div>SHAPE</div> <div>18:00pm Studio 1</div>					
	<div></div> <div>HYBR1D</div> <div>18:15pm Gym Floor</div>					

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div> AQUA 19:00pm Pool</div>					
	<div> HATHA YOGA 19:00pm Studio 1</div>					

Valid from 13/10/2025 to 17/10/2025.