
























































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rush 06:30am Studio 1	 RIDE Rhythm 09:30am Group Cycle	 RIDE Rhythm 18:00pm Studio 1	 FUNCTIONAL CIRCUITS 07:00am Gym Floor	 SHAPE 09:15am Studio 1	 RIDE Rhythm 09:00am Group Cycle	 Les Mills BODY COMBAT 09:00am Studio 1
 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 Les Mills BODY PUMP 18:45pm 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
 RIDE Rhythm 10:15am Group Cycle	 FUNCTIONAL CIRCUITS 10:30am Studio 1	 HYBR1D 19:00pm Gym Floor	 SHAPE 10:00am Studio 1	 VINYASA YOGA 11:15am Studio 1	 DANCE 10:15am Studio 1	 STRETCH 11:00am Studio 1
 SHAPE 10:20am Studio 1	 PILATES 11:30am Studio 1	 YOGA 19:45pm Studio 1	 Les Mills BODY BALANCE 10:50am Studio 1	 AQUA 13:00pm Pool	 YOGALATES 11:05am Studio 1	
 Les Mills BODY BALANCE 11:10am Studio 1	 AQUA 12:30pm Pool	 STRETCH 07:00am Studio 1	 AQUA 12:00pm Pool	 RIDE Rhythm 18:15pm Group Cycle		
 YIN YOGA 13:00pm Studio 1	 SHAPE 18:00pm Studio 1	 Les Mills BODY COMBAT 09:15am Studio 1	 PILATES 12:30pm Studio 1			
 STRENGTH power 18:15pm Studio 1	 HYBR1D 18:15pm Gym Floor	 Les Mills BODY PUMP 10:00am Studio 1	 ZUMBA 18:00pm Studio 1			
 RIDE Rhythm 19:00pm Group Cycle	 AQUA 19:00pm Pool	 FUNCTIONAL CIRCUITS 11:00am Studio 1	 RIDE Rhythm 18:15pm Group Cycle			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> ZUMBA 19:15pm Studio 1</div>	<div> HATHA YOGA 19:00pm Studio 1</div>	<div> AQUA 13:00pm Pool</div>	<div> AQUA 19:00pm Pool</div>			
<div> PILATES 20:00pm Studio 1</div>		<div> PILATES 13:15pm Studio 1</div>	<div> PILATES 19:15pm Studio 1</div>			
		<div> RIDE Rhythm 18:00pm Studio 1</div>				
		<div> Les Mills BODY PUMP 18:45pm Studio 1</div>				
		<div> HYBR1D 19:00pm Gym Floor</div>				
		<div> YOGA 19:45pm Studio 1</div>				

Valid from 25/08/2025 to 29/08/2025.