










































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Rhythm 06:30am Group Cycle	 RIDE Rhythm 09:30am Group Cycle	 PILATES 06:45am Studio 1	 RIDE Rhythm 09:15am Group Cycle	 Body Pump 06:45am Studio 1	 RIDE Rhythm 09:00am Group Cycle	 Body Combat 09:00am Studio 1
 Body Pump 09:30am Studio 1	 Golf Circuits 10:00am Studio 1	 Body Combat 09:15am Studio 1	 Les Mills BODY BALANCE 10:15am Studio 1	 YOGA 09:15am Studio 1	 Body Pump 09:15am Studio 1	 RIDE Rhythm 09:30am Group Cycle
 Les Mills BODY BALANCE 10:15am Studio 1	 PILATES 11:30am Studio 1	 Body Pump 10:00am Studio 1	 SHAPE 11:00am Studio 1	 RIDE Rhythm 09:30am Group Cycle	 DANCE 10:15am Studio 1	 Body Pump 09:45am Studio 1
 ZUMBA 11:15am Studio 1	 YOGA 18:00pm Studio 1	 RIDE Rhythm 10:15am Group Cycle	 Body Combat 18:00pm Studio 1	 Body Combat 10:15am Studio 1	 YOGA 11:00am Studio 1	 PILATES 10:45am Studio 1
 YOGA 13:00pm Studio 1	 RIDE Rhythm 18:15pm Group Cycle	 Golf Circuits 11:00am Studio 1	 PILATES 19:00pm Studio 1	 YOGALATES 11:15am Studio 1		
 Body Pump 18:15pm Studio 1	 Body Combat 19:00pm Studio 1	 YOGA 18:00pm Studio 1	 ZUMBA 19:45pm Studio 1			
 RIDE Rhythm 19:00pm Group Cycle		 RIDE Rhythm 18:15pm Group Cycle				
 ZUMBA 19:15pm Studio 1		 Body Pump 19:00pm Studio 1				

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

20:00pm
Studio 1

Valid from 04/03/2024 to 08/03/2024.