GROUP CLASSES TIMETABLE

WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY SUNDAY FRIDAY (RIDE Rush PILATES STRETCH FUNCTIONAL SHAPE CORE Les Mills **CIRCUITS BODY** 69:MBAT 06:30am 07:00am 07:00am 07:00am 09:15am 08:15am Studio 1 **RIDE Rhythm RIDE Rhythm** Les Mills **STEP** Les Mills **STRENGTH** Les Mills **BODY PUMP BODY BODY PUMP** 69MBAT 09:00am 09:30am 09:00am 09:10am 10:05am 09:50am Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **Group Cycle Group Cycle RIDE Rhythm RIDE Rhythm** Les Mills SHAPE **YOGALATES RIDE Rhythm** STRETCH **BODY PUMP** 10:15am 09:30am 10:00am 10:00am 10:15am 09:00am 11:00am Group Cycle Group Cycle Studio 1 Studio 1 Studio 1 **Group Cycle** Studio 1 Les Mills VINYASA **SHAPE STRENGTH AQUA DANCE BODY** YOGA BALANCE 10:20am 09:45am 13:00pm 11:15am 10:15am Studio 1 Studio 1 Pool Studio 1 Studio 1 Studio 1 Les Mills **FUNCTIONAL PILATES AQUA AQUA YOGALATES BODY CIRCUITS** BALANCE 10:30am 13:15pm 12:00pm 13:00pm 11:05am Studio 1 Studio 1 Studio 1 Pool Studio 1 Pool **YOGALATES PILATES STEP PILATES** 12:00pm 11:30am 18:00pm 12:30pm Studio 1 Studio 1 Studio 1 Studio 1



YIN YOGA



13:00pm Studio 1



16:45pm Studio 1



12:30pm

Pool

MENOFIT 12:30pm

Studio 1



RIDE Rhythm

18:00pm

Group Cycle

Les Mills **BODY PUMP** 18:50pm Studio 1



ZUMBA

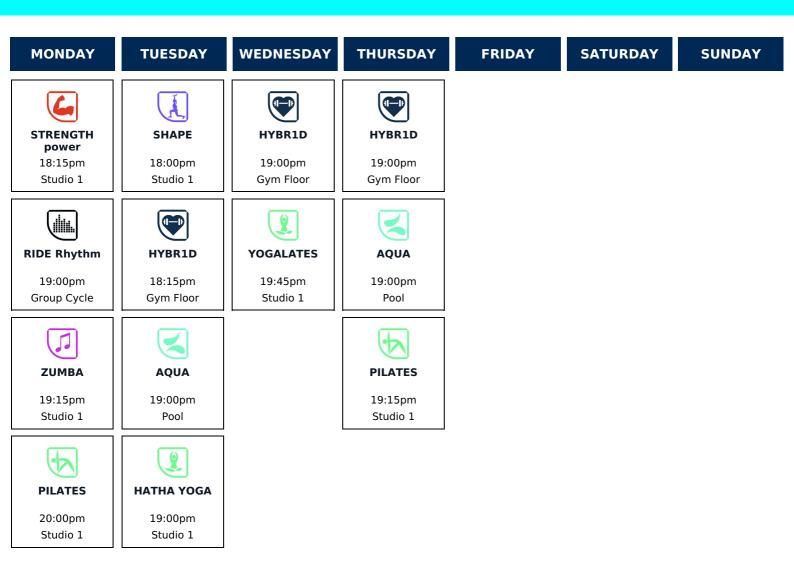
18:00pm

Studio 1

RIDE Rhythm 18:15pm

Group Cycle

GROUP CLASSES TIMETABLE



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