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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>RIDE Rhythm</b> 07:00am Studio 3	 <b>PILATES</b> 08:30am Studio 2	 <b>PILATES</b> 12:30pm Studio 2	 <b>RIDE Rush</b> 07:15am Studio 3	 <b>STRENGTH functional</b> 07:00am Studio 1	 <b>Les Mills BODY ATTACK</b> 08:00am Studio 1	 <b>Les Mills BODY PUMP</b> 08:30am Studio 1
 <b>PILATES</b> 08:15am Studio 2	 <b>Les Mills BODY COMBAT</b> 09:30am Studio 1	 <b>STRENGTH functional</b> 13:00pm Studio 1	 <b>HATHA FLOW YOGA</b> 08:00am Studio 2	 <b>RIDE Rush</b> 08:00am Studio 3	 <b>PILATES</b> 08:00am Studio 2	 <b>RIDE Race</b> 08:30am Studio 3
 <b>STRENGTH functional</b> 08:15am Studio 1	 <b>RIDE Race</b> 09:30am Studio 3	 <b>STRETCH</b> 13:20pm Studio 2	 <b>Les Mills BODY ATTACK</b> 09:00am Studio 1	 <b>Les Mills BODY BALANCE</b> 08:00am Studio 2	 <b>HYBR1D</b> 08:00am Patio	 <b>Les Mills BODY COMBAT</b> 09:30am Studio 1
 <b>Les Mills BODY ATTACK</b> 09:15am Studio 1	 <b>CLUB EX</b> 09:30am Patio	 <b>AQUA</b> 14:00pm Poolside	 <b>RIDE Race</b> 09:15am Studio 3	 <b>Les Mills CORE</b> 08:35am Studio 1	 <b>METAFIT</b> 09:00am Outside	 <b>Les Mills BODY BALANCE</b> 09:30am Studio 2
 <b>RIDE Race</b> 09:15am Studio 3	 <b>HATHA FLOW YOGA</b> 09:30am Studio 2	 <b>PILATES</b> 15:00pm Studio 2	 <b>PILATES</b> 09:30am Studio 2	 <b>Les Mills BODY COMBAT</b> 09:15am Studio 1	 <b>RIDE Race</b> 09:00am Studio 3	 <b>RIDE Race</b> 09:30am Studio 3
 <b>Les Mills BODY BALANCE</b> 09:30am Studio 2	 <b>GOLF</b> 10:00am Golf Course	 <b>STRENGTH</b> 16:45pm Studio 1	 <b>STRENGTH power</b> 09:35am Studio 1	 <b>RIDE Rhythm</b> 09:15am Studio 3	 <b>VINYASA FLOW YOGA</b> 09:00am Studio 2	 <b>CLUB EX</b> 09:30am Patio
 <b>CLUB EX</b> 09:30am Patio	 <b>Les Mills BODY PUMP</b> 10:20am Studio 1	 <b>Les Mills BODY COMBAT</b> 18:00pm Studio 1	 <b>CLUB EX</b> 09:45am Patio	 <b>YOGA</b> 09:20am Studio 2	 <b>Les Mills BODY PUMP</b> 09:00am Studio 1	 <b>Les Mills BODY PUMP</b> 10:20am Studio 1
 <b>AQUA</b> 09:45am Poolside	 <b>Les Mills BODY BALANCE</b> 10:35am Studio 2	 <b>PILATES</b> 18:00pm Studio 2	 <b>Les Mills CORE</b> 10:25am Studio 1	 <b>CLUB EX</b> 09:30am Patio	 <b>CLUB EX</b> 10:00am Patio	 <b>HATHA FLOW YOGA</b> 10:30am Studio 2












# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>Les Mills CORE</b> 10:05am Studio 1	 <b>ZUMBA</b> 11:15am Studio 1	 <b>RIDE Race</b> 18:00pm Studio 3	 <b>Les Mills BODY BALANCE</b> 10:30am Studio 2	 <b>Les Mills BODY PUMP</b> 10:10am Studio 1	 <b>Les Mills CORE</b> 10:05am Studio 1	 <b>ZUMBA</b> 11:15am Studio 1
 <b>YOGA</b> 10:30am Studio 2	 <b>PILATES</b> 11:30am Studio 2	 <b>HYBR1D</b> 18:00pm Patio	 <b>PILATES</b> 11:30am Studio 2	 <b>Les Mills BODY BALANCE</b> 10:20am Studio 2	 <b>Les Mills BODY BALANCE</b> 10:05am Studio 2	 <b>YIN YOGA</b> 16:00pm Studio 2
 <b>Les Mills BODY PUMP</b> 10:40am Studio 1	 <b>CLUB EX</b> 12:30pm Outside	 <b>DANCE</b> 18:55pm Studio 1	 <b>YIN YOGA</b> 12:30pm Studio 2	 <b>SHAPE</b> 11:30am Studio 1		
 <b>Les Mills BODY BALANCE</b> 11:55am Studio 2	 <b>TAI CHI</b> 12:30pm Studio 1	 <b>Les Mills BODY BALANCE</b> 10:55pm Studio 2	 <b>AQUA</b> 13:05pm Poolside	 <b>RESTORATIVE YOGA</b> 11:30am Studio 2		
 <b>SHAPE</b> 11:40am Studio 1	 <b>STRETCH</b> 13:00pm Studio 2	 <b>BOX</b> 19:00pm Outside	 <b>SHAPE</b> 13:15pm Studio 1	 <b>PILATES</b> 12:45pm Studio 2		
 <b>PILATES</b> 12:30pm Studio 2	 <b>TAI CHI</b> 13:45pm Studio 1	 <b>STRETCH</b> 19:45pm Studio 2	 <b>MINDFULNESS &amp; MEDITATION</b> 13:30pm Studio 2	 <b>AQUA</b> 13:05pm Poolside		
 <b>MINDFULNESS &amp; MEDITATION</b> 13:30pm Studio 2	 <b>PILATES</b> 14:00pm Studio 2	 <b>Les Mills BODY PUMP</b> 06:15am Studio 1	 <b>NEW TO YOGA</b> 16:00pm Studio 2	 <b>STRETCH</b> 13:35pm Studio 2		
 <b>LINE DANCING</b> 13:30pm Studio 1	 <b>Les Mills BODY BALANCE</b> 17:30pm Studio 2	 <b>POWER YOGA</b> 07:35am Studio 2	 <b>Les Mills BODY BALANCE</b> 17:30pm Studio 2	 <b>RIDE Rhythm</b> 18:15pm Studio 3		









# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>FloatFit BALANCE</b> 14:00pm Poolside	 <b>METAFIT</b> 17:45pm Studio 1	 <b>PILATES</b> 08:30am Studio 2	 <b>STRENGTH reps</b> 17:30pm Studio 1			
 <b>LINE DANCING</b> 14:20pm Studio 1	 <b>STEP</b> 18:30pm Studio 1	 <b>METAFIT</b> 09:00am Studio 1	 <b>Les Mills BODY COMBAT</b> 18:30pm Studio 1			
 <b>FloatFit BALANCE</b> 14:30pm Poolside	 <b>VINYASA FLOW YOGA</b> 18:30pm Studio 2	 <b>Les Mills BODY PUMP</b> 09:35am Studio 1	 <b>PILATES</b> 18:30pm Studio 2			
 <b>NEW TO YOGA</b> 14:30pm Studio 2	 <b>Les Mills BODY PUMP</b> 19:20pm Studio 1	 <b>Les Mills BODY BALANCE</b> 09:55am Studio 2	 <b>RIDE Race</b> 18:30pm Studio 3			
 <b>STRENGTH reps</b> 17:15pm Studio 1	 <b>PILATES</b> 20:15pm Studio 2	 <b>RIDE Race</b> 09:35am Studio 3	 <b>Les Mills BODY PUMP</b> 19:20pm Studio 1			
 <b>Les Mills BODY BALANCE</b> 18:00pm Studio 2		 <b>HATHA FLOW YOGA</b> 10:30am Studio 2	 <b>PILATES</b> 19:30pm Studio 2			
 <b>ZUMBA</b> 18:10pm Studio 1		 <b>DANCE</b> 10:35am Studio 1				
 <b>RIDE Rhythm</b> 18:15pm Studio 3		 <b>MINDFULNESS &amp; MEDITATION</b> 11:55am Studio 2				

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> <b>HYBR1D</b>  18:15pm Outside</div>		<div> <b>SHAPE</b>  12:00pm Studio 1</div>				
<div> <b>PILATES</b>  19:00pm Studio 2</div>		<div> <b>PILATES</b>  12:30pm Studio 2</div>				
<div> <b>Les Mills BODY COMBAT</b> 19:00pm Studio 1</div>		<div> <b>STRENGTH functional</b> 13:00pm Studio 1</div>				
		<div> <b>STRETCH</b>  13:20pm Studio 2</div>				
		<div> <b>AQUA</b>  14:00pm Poolside</div>				
		<div> <b>PILATES</b>  15:00pm Studio 2</div>				
		<div> <b>STRENGTH</b>  16:45pm Studio 1</div>				
		<div> <b>Les Mills BODY COMBAT</b> 18:00pm Studio 1</div>				

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<div><p><b>PILATES</b></p><p>18:00pm Studio 2</p></div>				
		<div><p><b>RIDE Race</b></p><p>18:00pm Studio 3</p></div>				
		<div><p><b>HYBR1D</b></p><p>18:00pm Patio</p></div>				
		<div><p><b>FloatFit HIIT</b></p><p>18:15pm Poolside</p></div>				
		<div><p><b>DANCE</b></p><p>18:55pm Studio 1</p></div>				
		<div><p><b>Les Mills BODY BALANCE</b></p><p>18:55pm Studio 2</p></div>				
		<div><p><b>BOX</b></p><p>19:00pm Outside</p></div>				
		<div><p><b>STRETCH</b></p><p>19:45pm Studio 2</p></div>				

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Valid from 25/08/2025 to 29/08/2025.