













































































































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Group Cycle 07:00am Studio 3	 Group Cycle 07:00am Studio 3	 Body Pump 06:45am Studio 1	 Group Cycle 07:00am Studio 3	 Strength & Conditioning 07:00am Studio 1	 Group Cycle 08:00am Studio 3	 Group Cycle 08:30am Studio 3
 Strength & Conditioning 08:15am Studio 1	 Pilates 08:30am Studio 2	 Body Combat 08:15am Studio 1	 Stretch & Tone 08:15am Studio 2	 Les Mills Body Balance 08:00am Studio 2	 Body Attack 08:00am Studio 1	 Les Mills Body Balance 09:30am Studio 2
 Body Attack 09:15am Studio 1	 HIIT 09:30am Patio	 Pilates 08:30am Studio 2	 Strength & Conditioning 09:15am Studio 1	 Group Cycle 09:15am Studio 3	 Group Cycle 09:00am Studio 3	 Body Combat 09:30am Studio 1
 Group Cycle 09:15am Studio 3	 Group Cycle 09:30am Studio 3	 Metafit 09:00am Patio	 Group Cycle 09:30am Studio 3	 Body Combat 09:15am Studio 1	 Body Pump 09:00am Studio 1	 Body Pump 10:20am Studio 1
 Les Mills Body Balance 09:30am Studio 2	 Body Combat 09:30am Studio 1	 Group Cycle 09:35am Studio 3	 Pilates 09:30am Studio 2	 MetaPWR 09:30am Patio	 Vinyasa Flow 09:00am Studio 2	 Hatha Flow 10:30am Studio 2
 Les Mills Core 10:05am Studio 1	 Hatha Flow 09:30am Studio 2	 Les Mills Body Balance 09:35am Studio 2	 Les Mills Core 10:05am Studio 1	 Vinyasa Flow 09:30am Studio 2	 Metafit 09:30am Patio	 Zumba 11:15am Studio 1
 Group Cycle 10:15am Studio 3	 Get into Golf 10:00am Golf Course	 Body Pump 09:35am Studio 1	 Group Cycle 10:30am Studio 3	 Aqua 10:00am Poolside	 Les Mills Body Balance 10:00am Studio 2	
 Hatha Flow 10:30am Studio 2	 Les Mills Body Balance 10:30am Studio 2	 Dance Fit 10:35am Studio 1	 Les Mills Body Balance 10:30am Studio 2	 Body Pump 10:15am Studio 1	 Les Mills Core 10:05am Studio 1	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills Body Step 10:40am Studio 1</p>	 <p>Body Pump 10:30am Studio 1</p>	 <p>Hatha Flow 11:30am Studio 2</p>	 <p>Body Combat 10:45am Studio 1</p>	 <p>Les Mills Body Balance 10:20am Studio 2</p>	 <p>Boxing Circuits 10:05am Patio</p>	
 <p>Les Mills Body Balance 11:35am Studio 2</p>	 <p>Pilates 11:30am Studio 2</p>	 <p>Pilates 12:30pm Studio 2</p>	 <p>Pilates 11:30am Studio 2</p>	 <p>Fit and Fun 11:05am Studio 1</p>		
 <p>Pilates 12:30pm Studio 2</p>	 <p>Zumba 11:30am Studio 1</p>	 <p>Golf Circuits 13:00pm Studio 1</p>	 <p>Fit and Fun 12:00pm Studio 1</p>	 <p>Yoga Restorative 11:30am Studio 2</p>		
 <p>Mindfulness & Meditation 13:30pm Studio 2</p>	 <p>Tai Chi 12:30pm Studio 1</p>	 <p>Stretch and Relax 13:20pm Studio 2</p>	 <p>Aqua 14:00pm Poolside</p>	 <p>Pilates 12:45pm Studio 2</p>		
 <p>Line Dancing 13:30pm Studio 1</p>	 <p>Aqua 14:00pm Poolside</p>	 <p>Aqua 14:00pm Poolside</p>	 <p>New to Yoga 16:00pm Studio 2</p>	 <p>Stretch and Relax 13:35pm Studio 2</p>		
 <p>Line Dancing 14:20pm Studio 1</p>	 <p>Body Combat 16:15pm Studio 1</p>	 <p>Body Pump 16:15pm Studio 1</p>	 <p>Les Mills Body Balance 17:30pm Studio 2</p>	 <p>Group Cycle 18:00pm Studio 3</p>		
 <p>Metafit 16:30pm Studio 1</p>	 <p>Les Mills Body Balance 17:40pm Studio 2</p>	 <p>HIIT 17:30pm Studio 1</p>	 <p>Group Cycle 18:30pm Studio 3</p>	 <p>Les Mills Body Balance 18:00pm Studio 2</p>		
 <p>Les Mills Body Balance 18:00pm Studio 2</p>	 <p>Group Cycle 18:30pm Studio 3</p>	 <p>Hatha Flow 17:30pm Studio 2</p>	 <p>Body Attack 18:30pm Studio 1</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills Sh'Bam 18:00pm Studio 1</p>	 <p>Les Mills Body Step 18:30pm Studio 1</p>	 <p>Group Cycle 18:00pm Studio 3</p>	 <p>Pilates 18:30pm Studio 2</p>			
 <p>Pilates 19:00pm Studio 2</p>	 <p>Vinyasa Flow 18:30pm Studio 2</p>	 <p>Body Combat 18:05pm Studio 1</p>	 <p>Body Pump 19:20pm Studio 1</p>			
 <p>Body Combat 19:00pm Studio 1</p>	 <p>Body Pump 19:20pm Studio 1</p>	 <p>Les Mills Body Balance 18:30pm Studio 2</p>				
		 <p>Dance Fit 18:55pm Studio 1</p>				
		 <p>Boxing Circuits 19:00pm Patio</p>				
		 <p>Stretch and Relax 19:45pm Studio 2</p>				

Valid from 17/01/2022 to 21/01/2022.