























































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Rhythm 07:00am Studio 3</p>	 <p>RIDE Race 07:00am Studio 3</p>	 <p>RIDE Race 18:00pm Studio 3</p>	 <p>RIDE Rush 07:15am Studio 3</p>	 <p>STRENGTH 07:00am Studio 1</p>	 <p>Les Mills BODY ATTACK 08:00am Studio 1</p>	 <p>Les Mills BODY PUMP 08:30am Studio 1</p>
 <p>STRENGTH 08:15am Studio 1</p>	 <p>PILATES 08:30am Studio 2</p>	 <p>Les Mills BODY COMBAT 18:00pm Studio 1</p>	 <p>HATHA FLOW YOGA 08:00am Studio 2</p>	 <p>RIDE Rush 08:00am Studio 3</p>	 <p>PILATES 08:00am Studio 2</p>	 <p>METAPWR 09:30am Patio</p>
 <p>PILATES 08:15am Studio 2</p>	 <p>HIIT Strength 09:30am Patio</p>	 <p>PILATES 18:15pm Studio 2</p>	 <p>RIDE Race 09:15am Studio 3</p>	 <p>Les Mills BODY BALANCE 08:00am Studio 2</p>	 <p>METAFIT 09:00am Patio</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>
 <p>Les Mills BODY ATTACK 09:15am Studio 1</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>	 <p>Les Mills BODY BALANCE 18:55pm Studio 2</p>	 <p>STRENGTH 09:15am Studio 1</p>	 <p>RIDE Rhythm 09:15am Studio 3</p>	 <p>RIDE Race 09:00am Studio 3</p>	 <p>Les Mills BODY BALANCE 09:30am Studio 2</p>
 <p>RIDE Race 09:15am Studio 3</p>	 <p>RIDE Race 09:30am Studio 3</p>	 <p>DANCE 18:55pm Studio 1</p>	 <p>PILATES 09:30am Studio 2</p>	 <p>Les Mills BODY COMBAT 09:15am Studio 1</p>	 <p>VINYASA FLOW YOGA 09:00am Studio 2</p>	 <p>Les Mills BODY PUMP 10:20am Studio 1</p>
 <p>METAPWR 09:30am Patio</p>	 <p>HATHA FLOW YOGA 09:30am Studio 2</p>	 <p>BOX 19:00pm Patio</p>	 <p>CORE 10:05am Studio 1</p>	 <p>YOGA 09:20am Studio 2</p>	 <p>Les Mills BODY PUMP 09:00am Studio 1</p>	 <p>HATHA FLOW YOGA 10:30am Studio 2</p>
 <p>Les Mills BODY BALANCE 09:30am Studio 2</p>	 <p>GOLF 10:00am Golf Course</p>	 <p>STRETCH 19:45pm Studio 2</p>	 <p>Les Mills BODY BALANCE 10:30am Studio 2</p>	 <p>METAPWR 09:30am Patio</p>	 <p>BOX 10:00am Patio</p>	 <p>YIN YOGA 16:00pm Studio 2</p>
 <p>AQUA 09:45am Poolside</p>	 <p>Les Mills BODY PUMP 10:20am Studio 1</p>	 <p>Les Mills BODY PUMP 06:45am Studio 1</p>	 <p>PILATES 11:30am Studio 2</p>	 <p>Les Mills BODY PUMP 10:10am Studio 1</p>	 <p>Les Mills CORE 10:05am Studio 1</p>	 <p>MINDFULNESS & MEDITATION 17:00pm Studio 2</p>

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills CORE 10:05am Studio 1</p>	 <p>Les Mills BODY BALANCE 10:35am Studio 2</p>	 <p>POWER YOGA 07:35am Studio 2</p>	 <p>YIN YOGA 12:30pm Studio 2</p>	 <p>Les Mills BODY BALANCE 10:20am Studio 2</p>	 <p>Les Mills BODY BALANCE 10:05am Studio 2</p>	
 <p>YOGA 10:30am Studio 2</p>	 <p>ZUMBA 11:20am Studio 1</p>	 <p>PILATES 08:30am Studio 2</p>	 <p>MINDFULNESS & MEDITATION 13:30pm Studio 2</p>	 <p>SHAPE 11:30am Studio 1</p>		
 <p>Les Mills BODY PUMP 10:40am Studio 1</p>	 <p>PILATES 11:30am Studio 2</p>	 <p>METAFIT 09:00am Studio 1</p>	 <p>AQUA 14:00pm Poolside</p>	 <p>RESTORATIVE YOGA 11:30am Studio 2</p>		
 <p>Les Mills BODY BALANCE 11:55am Studio 2</p>	 <p>HATHA FLOW YOGA 12:30pm Studio 2</p>	 <p>Les Mills BODY PUMP 09:35am Studio 1</p>	 <p>SHAPE 15:00pm Studio 1</p>	 <p>BOX 12:30pm Studio 1</p>		
 <p>SHAPE 11:40am Studio 1</p>	 <p>AQUA 14:00pm Poolside</p>	 <p>RIDE Race 09:35am Studio 3</p>	 <p>NEW TO YOGA 15:00pm Studio 2</p>	 <p>PILATES 12:45pm Studio 2</p>		
 <p>PILATES 12:30pm Studio 2</p>	 <p>PILATES 14:00pm Studio 2</p>	 <p>HATHA FLOW YOGA 10:30am Studio 2</p>	 <p>Les Mills BODY BALANCE 17:30pm Studio 2</p>	 <p>STRETCH 13:35pm Studio 2</p>		
 <p>MINDFULNESS & MEDITATION 13:30pm Studio 2</p>	 <p>Les Mills BODY BALANCE 17:30pm Studio 2</p>	 <p>DANCE 10:35am Studio 1</p>	 <p>STRENGTH 17:30pm Studio 1</p>	 <p>AQUA 14:00pm Poolside</p>		
 <p>LINE DANCING 13:30pm Studio 1</p>	 <p>METAFIT 17:45pm Studio 1</p>	 <p>Les Mills BODY BALANCE 11:55am Studio 2</p>	 <p>PILATES 18:30pm Studio 2</p>	 <p>HIIT Strength 17:30pm Studio 1</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>LINE DANCING</p> <p>14:20pm Studio 1</p>	 <p>STEP</p> <p>18:30pm Studio 1</p>	 <p>SHAPE</p> <p>12:00pm Studio 1</p>	 <p>Les Mills BODY ATTACK</p> <p>18:30pm Studio 1</p>	 <p>RIDE Rhythm</p> <p>18:15pm Studio 3</p>		
 <p>NEW TO YOGA</p> <p>14:30pm Studio 2</p>	 <p>VINYASA FLOW YOGA</p> <p>18:30pm Studio 2</p>	 <p>PILATES</p> <p>12:30pm Studio 2</p>	 <p>RIDE Race</p> <p>18:30pm Studio 3</p>			
 <p>Les Mills BODY BALANCE</p> <p>18:00pm Studio 2</p>	 <p>Les Mills BODY PUMP</p> <p>19:20pm Studio 1</p>	 <p>GOLF CIRCUITS</p> <p>13:00pm Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>19:20pm Studio 1</p>			
 <p>DANCE</p> <p>18:10pm Studio 1</p>	 <p>MINDFULNESS & MEDITATION</p> <p>19:30pm Studio 2</p>	 <p>STRETCH</p> <p>13:20pm Studio 2</p>	 <p>PILATES</p> <p>19:30pm Studio 2</p>			
 <p>METAPWR</p> <p>18:15pm Patio</p>	 <p>PILATES</p> <p>20:15pm Studio 2</p>	 <p>AQUA</p> <p>14:00pm Poolside</p>				
 <p>RIDE Rhythm</p> <p>18:15pm Studio 3</p>		 <p>STRENGTH</p> <p>16:45pm Studio 1</p>				
 <p>PILATES</p> <p>19:00pm Studio 2</p>		 <p>RIDE Race</p> <p>18:00pm Studio 3</p>				
 <p>Les Mills BODY COMBAT</p> <p>19:00pm Studio 1</p>		 <p>Les Mills BODY COMBAT</p> <p>18:00pm Studio 1</p>				

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PILATES

18:00pm
Studio 2



**Les Mills
BODY
BALANCE**

18:55pm
Studio 2



DANCE

18:55pm
Studio 1



BOX

19:00pm
Patio



STRETCH

19:45pm
Studio 2

Valid from 10/06/2024 to 14/06/2024.