





























































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 CORE 09:00am Studio 2	 HYBR1D 18:00pm Gym	 RIDE Rhythm & Core 07:00am Group Cycle	 RIDE Race 08:30am Group Cycle	 VINYASA YOGA 08:30am Studio 2	 Les Mills BODY COMBAT 08:30am Studio 1	 RIDE Rhythm 08:30am Group Cycle
 SHAPE 09:30am Studio 1	 CORE 18:30pm Gym	 PILATES 08:00am Studio 2	 YOGA 09:20am Studio 2	 RIDE Rhythm 09:30am Group Cycle	 RIDE Race 09:30am Group Cycle	 Les Mills BODY PUMP 09:30am Studio 1
 RIDE Race 09:30am Group Cycle	 RIDE Rush 18:30pm Group Cycle	 Les Mills BODY PUMP 08:30am Studio 1	 STRENGTH 09:30am Studio 1	 PILATES 10:20am Studio 2	 CLUBERCISE 09:30am Studio 1	
 PILATES 10:30am Studio 2	 Les Mills BODY PUMP 19:10pm Studio 1	 HIIT 09:30am Studio 1	 PILATES 10:30am Studio 2	 CORE 10:30am Gym Floor	 Les Mills BODY BALANCE 10:30am Studio 2	
 Les Mills BODY PUMP 10:30am Studio 1	 HATHA YOGA 08:30am Studio 2	 RIDE Rhythm 09:30am Group Cycle	 Les Mills BODY COMBAT 10:30am Studio 1	 DANCE 10:30am Studio 1		
 HATHA YOGA 12:45pm Studio 2	 Les Mills BODY COMBAT 09:30am Studio 1	 GIVE TENNIS A GO 10:00am Court 4	 YIN YOGA 11:30am Studio 2	 PILATES 11:15am Studio 2		
 DANCE 17:30pm Studio 1	 RIDE Rhythm 09:30am Group Cycle	 HATHA YOGA 10:20am Studio 2	 AQUA 12:45pm Poolside	 PILATES 12:45pm Studio 2		
 PILATES 18:25pm Studio 2	 Les Mills BODY BALANCE 10:30am Studio 2	 MINDFULNESS & MEDITATION 11:25am Studio 2	 HYBR1D 18:00pm Gym Floor	 YOGA 18:30pm Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 CORE 18:30pm Gym Floor	 STRENGTH 10:30am Studio 1	 HYDRO PILATES 12:45pm Poolside	 RIDE Rush 18:20pm Group Cycle			
 Les Mills BODY PUMP 18:30pm Studio 1	 AQUA 12:45pm Poolside	 VINYASA YOGA 18:20pm Studio 2	 CORE 18:30pm Gym Floor			
 RIDE Rhythm 19:15pm Group Cycle	 HYBRID 18:00pm Gym Floor	 Les Mills BODY PUMP 18:30pm Studio 1	 Les Mills BODY BALANCE 19:00pm Studio 2			
	 RIDE Rush 18:30pm Group Cycle	 Les Mills BODY COMBAT 19:20pm Studio 1	 Les Mills BODY COMBAT 19:00pm Studio 1			
	 Les Mills BODY PUMP 19:10pm Studio 1					

Valid from 27/01/2025 to 31/01/2025.