## **GROUP CLASSES TIMETABLE**

# MONDAY

#### **TUESDAY**

#### **WEDNESDAY**

#### **THURSDAY**

#### **FRIDAY**

#### **SATURDAY**

#### **SUNDAY**



COR

09:00am Studio 2



**HYBR1D** 

18:00pm Gym Floor



RIDE Rhythm & Core

07:00am Group Cycle



**RIDE Race** 

08:30am Group Cycle



VINYASA YOGA

08:30am Studio 2



Les Mills BODY

68.48AT Studio 1



**RIDE Rhythm** 

08:30am Group Cycle



**RIDE Race** 

09:30am Group Cycle



**RIDE Rush** 

18:30pm Group Cycle



**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



#### SHAPE

09:30am Studio 1



#### Les Mills BODY PUMP

19:10pm Studio 1



#### Les Mills BODY PUMP

08:30am Studio 1



#### STRENGTH PILA

**power** 09:30am Studio 1



#### **PILATES**

10:20am Studio 2



#### **CLUBERCISE**

09:30am Studio 1



#### **PILATES**

10:30am Studio 2



#### **HATHA YOGA**

08:30am Studio 2



#### STRENGTH functional

09:30am Studio 1



#### **PILATES**

10:30am Studio 2



#### CORE

10:30am Gym Floor



Les Mills BODY

Studio 2



#### Les Mills BODY PUMP

10:30am Studio 1



# Les Mills

BODY 69.38AT Studio 1



### RIDE Rhythm

09:30am Group Cycle



#### Les Mills BODY

**99999** Studio 1



### DANCE

10:30am Studio 1



### HATHA YOGA

12:45pm Studio 2



#### **RIDE Rhythm**

09:30am Group Cycle



## GIVE TENNIS

A GO 10:00am Court 4



### YIN YOGA

11:30am Studio 2



#### PILATES

11:15am Studio 2



#### ZUMBA

17:30pm Studio 1



## Les Mills

BODY BALANCE Studio 2



#### HATHA YOGA

10:20am Studio 2



#### AQUA

12:45pm Poolside



#### PILATES

12:45pm Studio 2



**PILATES** 

18:25pm Studio 2



## STRENGTH power

10:30am Studio 1



# MINDFULNESS & MEDITATION

Studio 2



HYBR1D

18:00pm Gym Floor



YOGA

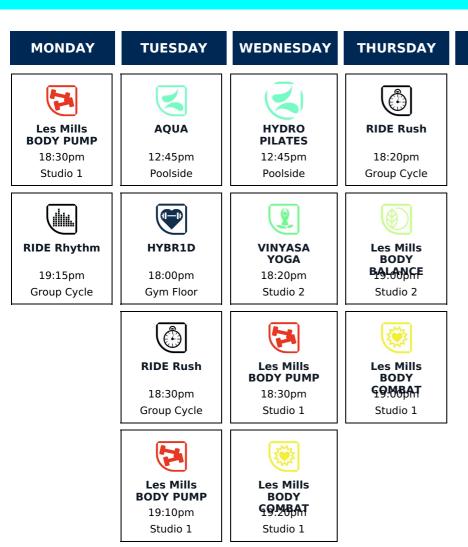
18:30pm Studio 2

# **GROUP CLASSES TIMETABLE**

**SATURDAY** 

**FRIDAY** 

**SUNDAY** 



Valid from 10/03/2025 to 14/03/2025.