GROUP CLASSES TIMETABLE

MONDAY

CORE

09:00am Studio 2

TUESDAY

HYBR1D

18:00pm Gym



WEDNESDAY

RIDE Rhythm & Core

07:00am **Group Cycle**



THURSDAY

RIDE Race

08:30am **Group Cycle**



FRIDAY

VINYASA YOGA

08:30am Studio 2



SATURDAY

Les Mills **BODY**

68.MBAT Studio 1



SUNDAY

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



09:30am Studio 1



PILATES

10:30am Studio 2



CORE

10:30am Gym Floor



Les Mills

BODY BALANCE

Studio 2



Les Mills **BODY PUMP**

10:30am Studio 1

HATHA YOGA

12:45pm



HATHA YOGA

08:30am Studio 2



RIDE Rhythm

09:30am **Group Cycle**



Les Mills **BODY GOMBAT**

Studio 1



DANCE

10:30am Studio 1



11:30am



PILATES

11:15am Studio 2



DANCE

17:30pm Studio 1



BODY 69.MBAT Studio 1

RIDE Rhythm

09:30am

Group Cycle



GIVE TENNIS A GO

10:00am Court 4

HATHA YOGA

10:20am

Studio 2



YIN YOGA

Studio 2



AQUA

12:45pm Poolside



PILATES

12:45pm Studio 2



PILATES

18:25pm Studio 2



Les Mills **BODY** BALANCE

Studio 2



MINDFULNESS MEDITATION Studio 2



HYBR1D

18:00pm Gym Floor

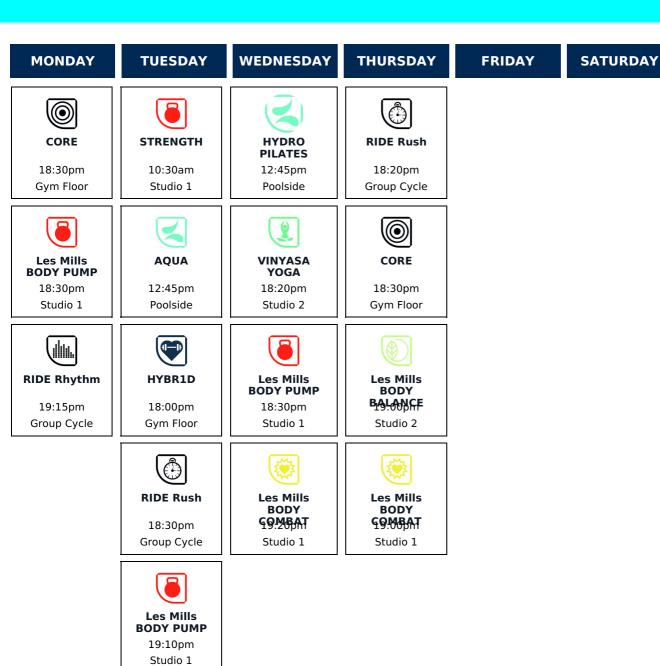


YOGA

18:30pm Studio 2

GROUP CLASSES TIMETABLE

SUNDAY



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