

























































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 CORE 09:00am Studio 2	 HATHA YOGA 08:30am Studio 2	 RIDE Rhythm & Core 07:00am Group Cycle	 RIDE Race 08:30am Group Cycle	 RIDE Rhythm 09:30am Group Cycle	 Les Mills BODY COMBAT 08:30am Studio 1	 RIDE Rhythm 08:30am Group Cycle
 SHAPE 09:30am Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 PILATES 08:00am Studio 2	 YOGA 09:20am Studio 2	 PILATES 10:20am Studio 2	 RIDE Race 09:30am Group Cycle	 Les Mills BODY PUMP 09:30am Studio 1
 RIDE Race 09:30am Group Cycle	 RIDE Rhythm 09:30am Group Cycle	 Les Mills BODY PUMP 08:30am Studio 1	 STRENGTH 09:30am Studio 1	 CORE 10:30am Gym Floor	 CLUBERCISE 09:30am Studio 1	
 PILATES 10:30am Studio 2	 Les Mills BODY BALANCE 10:30am Studio 2	 HIIT 09:30am Studio 1	 PILATES 10:30am Studio 2	 DANCE 10:30am Studio 1	 Les Mills BODY BALANCE 10:30am Studio 2	
 Les Mills BODY PUMP 10:30am Studio 1	 STRENGTH 10:30am Studio 1	 RIDE Rhythm 09:30am Group Cycle	 Les Mills BODY COMBAT 10:30am Studio 1	 PILATES 11:15am Studio 2		
 HATHA YOGA 12:45pm Studio 2	 AQUA 12:45pm Poolside	 GIVE TENNIS A GO 10:00am Court 4	 YIN YOGA 11:30am Studio 2	 PILATES 12:45pm Studio 2		
 DANCE 17:30pm Studio 1	 HYBR1D 18:00pm Gym	 HATHA YOGA 10:20am Studio 2	 AQUA 12:45pm Poolside	 ZUMBA GOLD 14:00pm Studio 1		
 PILATES 18:25pm Studio 2	 CORE 18:30pm Gym Floor	 MINDFULNESS & MEDITATION 11:25am Studio 2	 HYBR1D 18:00pm Gym	 YOGA 18:30pm Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills BODY PUMP 18:30pm Studio 1</p>	 <p>RIDE Rush 18:30pm Group Cycle</p>	 <p>HYDRO PILATES 12:45pm Poolside</p>	 <p>RIDE Rush 18:20pm Group Cycle</p>	 <p>VINYASA YOGA 08:30am Studio 2</p>		
 <p>RIDE Rhythm 19:15pm Group Cycle</p>	 <p>AQUA 18:30pm Poolside</p>	 <p>VINYASA YOGA 18:20pm Studio 2</p>	 <p>CORE 18:30pm Gym</p>	 <p>RIDE Rhythm 09:30am Group Cycle</p>		
	 <p>Les Mills BODY PUMP 19:10pm Studio 1</p>	 <p>Les Mills BODY PUMP 18:30pm Studio 1</p>	 <p>Les Mills BODY COMBAT 19:00pm Studio 1</p>	 <p>PILATES 10:20am Studio 2</p>		
		 <p>Les Mills BODY COMBAT 19:20pm Studio 1</p>	 <p>Les Mills BODY BALANCE 19:00pm Studio 2</p>	 <p>CORE 10:30am Gym Floor</p>		
				 <p>DANCE 10:30am Studio 1</p>		
				 <p>PILATES 11:15am Studio 2</p>		
				 <p>PILATES 12:45pm Studio 2</p>		
				 <p>ZUMBA GOLD 14:00pm Studio 1</p>		

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



YOGA

18:30pm
Studio 2

Valid from 16/12/2024 to 20/12/2024.