





















































# GROUP CLASSES TIMETABLE

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

# GROUP CLASSES TIMETABLE

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

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