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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Body Pump 07:00am Studio 1	 YOGA 06:45am Studio 2	 Body Pump 07:00am Studio 1	 Vinyasa Yoga 06:45am Studio 2	 RIDE Rush 07:00am Cycle Hub	 Les Mills BODY ATTACK 08:00am Studio 1	 Les Mills BODY STEP 08:45am Studio 1
 PILATES 07:55am Studio 1	 HIIT 07:00am Gym	 STRETCH 08:00am Studio 2	 HIIT 07:00am Gym	 PILATES 07:00am Studio 2	 RIDE Race 08:30am Cycle Hub	 RIDE Race 09:00am Cycle Hub
 PILATES 08:15am Studio 2	 RIDE Rush 07:00am Cycle Hub	 YOGA 08:00am Studio 1	 Vinyasa Yoga 08:00am Studio 2	 PILATES 08:00am Studio 2	 Body Combat 08:45am Studio 1	 Body Combat 09:30am Studio 1
 RIDE Race 09:15am Cycle Hub	 Ashtanga Yoga 08:00am Studio 2	 YOGA 09:00am Studio 2	 Ashtanga Yoga 08:00am Studio 1	 Les Mills BODY BALANCE 08:30am Studio 1	 PILATES 09:00am Studio 2	 PILATES 09:30am Studio 2
 Hatha Yoga 09:15am Studio 2	 PILATES 08:15am Studio 1	 RIDE Rhythm 09:15am Cycle Hub	 RIDE Rhythm 09:15am Cycle Hub	 PILATES 09:00am Studio 2	 RIDE Rhythm 09:30am Cycle Hub	 Body Pump 10:30am Studio 1
 HIIT 09:30am Gym Floor	 PILATES 09:15am Studio 2	 HIIT 09:30am Gym Floor	 Les Mills BODY BALANCE 09:15am Studio 2	 RIDE Rhythm & Core 09:30am Cycle Hub	 Les Mills BODY STEP 09:45am Studio 1	 YOGA 10:30am Studio 2
 Les Mills BODY STEP 09:30am Studio 1	 RIDE Rhythm 09:30am Cycle Hub	 Body Combat 09:30am Studio 1	 Body Pump 09:30am Studio 1	 HIIT 09:30am Gym Floor	 HIIT 10:00am Gym Floor	 HIIT 11:00am Gym Floor
 Body Pump 10:30am Studio 1	 Les Mills BODY ATTACK 09:30am Studio 1	 AQUA 10:00am Poolside	 STRETCH 10:15am Studio 2	 Body Pump 09:30am Studio 1	 Vinyasa Yoga 10:00am Studio 2	 SHAPE 11:30am Studio 1



GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY BALANCE 10:30am Studio 2	 AQUA 10:00am Poolside	 PILATES 10:15am Studio 2	 HIIT 10:30am Gym Floor	 Vinyasa Yoga 10:00am Studio 2	 SHAPE 10:45am Studio 1	 Yoga & Meditation 17:00pm Studio 2
 Nordic Walking 10:30am Outdoors	 Nordic Walking 10:00am Outdoors	 Body Pump 10:30am Studio 1	 Les Mills BODY STEP 10:30am Studio 1	 Body Combat 10:30am Studio 1	 SHAPE 11:45am Studio 1	
 OUTDOOR 10:30am Outdoors - Run	 Les Mills BODY BALANCE 10:15am Studio 2	 PILATES 11:30am Studio 2	 PILATES 11:15am Studio 2	 RIDE Rhythm 10:30am Cycle Hub		
 YOGA 11:30am Studio 2	 Body Pump 10:30am Studio 1	 ZUMBA 11:30am Studio 1	 DANCE 11:30am Studio 1	 PILATES 11:15am Studio 2		
 YOGA 11:30am Studio 1	 PILATES 11:15am Studio 2	 PILATES 12:30pm Studio 2	 YOGA 12:05pm Studio 2	 Body Pump 11:30am Studio 1		
 WELCOME TO GROUP EXERCISE 12:00pm Reception	 SHAPE 11:30am Studio 1	 ZUMBA GOLD 12:30pm Studio 1	 Strength & Conditioning 12:30pm Studio 1	 HIIT 12:00pm Gym Floor		
 AQUA 12:30pm Poolside	 HIIT 12:00pm Gym Floor	 PILATES 18:15pm Studio 2	 AQUA 12:30pm Poolside	 YOGA 12:15pm Studio 2		
 DANCE 12:30pm Studio 1	 YOGA 12:15pm Studio 2	 RIDE Race 18:15pm Cycle Hub	 PILATES 13:15pm Studio 2	 Les Mills BODY BALANCE 12:30pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 STRETCH 14:00pm Studio 2	 STRETCH 13:30pm Studio 2	 AQUA 18:30pm Poolside	 Golf Stretch 14:00pm Studio 2	 AQUA 13:30pm Poolside		
 Les Mills BODY ATTACK 18:00pm Studio 1	 Golf Stretch 13:30pm Studio 1	 Body Combat 19:00pm Studio 1	 DANCE 18:00pm Studio 1	 PILATES 18:00pm Studio 1		
 PILATES 18:00pm Studio 2	 Mindfulness & Meditation 14:30pm Studio 2	 Body Pump 19:45pm Studio 1	 PILATES 18:00pm Studio 2			
 RIDE Race 18:15pm Cycle Hub	 WELCOME TO GROUP EXERCISE 17:30pm Reception	 Les Mills BODY BALANCE 20:45pm Studio 1	 HIIT Strength 18:30pm Gym Floor			
 Body Pump 18:30pm Studio 1	 HIIT Strength 18:00pm Gym		 Les Mills BODY ATTACK 18:45pm Studio 1			
 PILATES 18:45pm Studio 2	 Body Pump 18:00pm Studio 1		 YOGA 19:00pm Studio 2			
 Body Combat 19:30pm Studio 1	 PILATES 18:15pm Studio 2					
 Yin Yoga 19:30pm Studio 2	 RIDE Rhythm 18:30pm Cycle Hub					

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div><p>Les Mills BODY STEP 18:35pm Studio 1</p></div>					
	<div><p>FITNESS PILATES 19:20pm Studio 1</p></div>					
	<div><p>Vinyasa Yoga 19:20pm Studio 2</p></div>					

Valid from 22/04/2024 to 26/04/2024.