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 AJ:TACK

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

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



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09:30am Gym Floor



PILATES

09:15am Studio 2



HIIT

09:30am Gym Floor



Les Mills BODY BALANCE

Studio 2



RIDE Rhythm & Core

09:30am Cycle Hub



Les Mills BODY STEP 09:45am

Studio 1



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

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10:00am

Gym Floor

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**Body Pump** 

10:30am Studio 1



Les Mills BODY 09:30 am Studio 1



AQUA

10:00am Poolside



Studio 1

STRETCH

10:15am Studio 2



09:30am

Gym Floor

**Body Pump** 

09:30am Studio 1



Vinyasa Yoga

10:00am Studio 2



11:00am

Gym Floor

SHAPE

11:30am Studio 1

**SUNDAY** 

Yoga & Meditation

> 17:00pm Studio 2

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

Studio 1

**SATURDAY** 

**SUNDAY** 

#### **WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY STRETCH STRETCH AQUA Golf Stretch AQUA** 14:00pm 13:30pm 18:30pm 14:00pm 13:30pm Studio 2 Studio 2 Poolside Studio 2 Poolside Les Mills **Golf Stretch Body Combat DANCE PILATES** BODY AS: TOSK 13:30pm 19:00pm 18:00pm 18:00pm Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **Mindfulness PILATES Body Pump PILATES** & Meditation 18:00pm 14:30pm 19:45pm 18:00pm Studio 2 Studio 2 Studio 1 Studio 2 **RIDE Race WELCOME TO** Les Mills **HIIT Strength GROUP BODY** EXFRCISE BALANCE 18:15pm 18:30pm Cycle Hub Reception Studio 1 Gym Floor **Body Pump HIIT Strength** Les Mills **BODY** AS:45pm 18:30pm 18:00pm Studio 1 Gym Studio 1 **PILATES Body Pump YOGA** 18:45pm 18:00pm 19:00pm Studio 2 Studio 1 Studio 2 **Body Combat PILATES** 19:30pm 18:15pm Studio 1 Studio 2





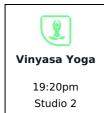
Studio 2



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY







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