MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills **BODY PUMP**

07:00am Studio 1

YOGA

06:45am Studio 2



Les Mills **BODY PUMP**

07:00am Studio 1



YOGA

06:45am Studio 2



PILATES

07:00am Studio 2



Les Mills **BODY** OJ:TOSK

Studio 1



Les Mills **BODY STEP**

> 08:45am Studio 1



PILATES

07:55am Studio 1



07:00am Gym



STRETCH

08:00am Studio 2



07:00am Gym



RIDE Rhythm

07:00am Cycle Hub



RIDE Race

08:15am Cycle Hub



RIDE Race

09:00am Cycle Hub



PILATES

08:15am Studio 2



RIDE Rhythm

07:00am Spin Studio



YOGA

08:00am Studio 1



ASHTANGA YOGA

08:00am Studio 1



PILATES

08:00am Studio 2



BARRE

08:30am Studio 2



PILATES

09:30am Studio 2



RIDE Race

09:15am Cycle Hub



ASHTANGA YOGA

08:00am Studio 2



YOGA

09:00am Studio 2



VINYASA YOGA

08:00am Studio 2



Les Mills **BODY** BALANCE

Studio 1



Les Mills **BODY 68.44-BAT**

Studio 1



Les Mills **BODY** 6<u>9.48</u>AT

Studio 1



HATHA YOGA

09:15am Studio 2



PILATES

08:15am Studio 1



RIDE Rhythm

09:15am Cycle Hub



Les Mills **BODY** BALANCE

Studio 2



PILATES

09:00am Studio 2



PILATES

09:30am Studio 2



Les Mills **BODY PUMP**

10:30am Studio 1



09:30am Gym



PILATES

09:15am Studio 2



Les Mills **BODY** 69.MBAT Studio 1



RIDE Rhythm

09:15am Cycle Hub



Les Mills **BODY PUMP**

09:30am Studio 1



RIDE Rhythm

09:30am Cycle Hub



YOGA

10:30am Studio 2



Les Mills **BODY STEP** 09:30am

Studio 1



RIDE Rhythm & Core 09:15am

Cycle Hub



HIIT

09:30am

Gym Floor

Les Mills **BODY PUMP** 09:30am Studio 1



RIDE Rhythm & Core

Cycle Hub

09:30am



SHAPE

09:45am Studio 1



HIIT

11:00am Gym



Les Mills **BODY** BALANCE Studio 2



Les Mills **BODY ATTACK** 09:30am

Studio 1



AQUA

10:00am **Poolside**



STRETCH

10:15am Studio 2



09:30am

Gym Floor

HIIT

10:00am

Gym

SHAPE

11:30am Studio 1

SUNDAY

STRETCH

11:30am

Studio 2

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SATURDAY Les Mills **PILATES YOGA** YOGA **AQUA BODY PUMP** 10:30am 10:00am 10:15am 10:30am 10:00am 10:30am Studio 1 Poolside Studio 2 Gym Floor Studio 2 Studio 2 **NORDIC NORDIC** Les Mills Les Mills Les Mills Les Mills **WALKING WALKING BODY PUMP BODY STEP BODY BODY STEP GOMBAT** 10:30am 10:00am 10:30am 10:45am 10:30am Outdoors Outdoors Studio 1 Studio 1 Studio 1 Studio 1 **WELCOME TO** Les Mills **ZUMBA PILATES PILATES SHAPE GROUP BODY** BALANCE EXERCISE 11:30am 11:15am 11:15am 11:45am Studio 2 Studio 1 Studio 2 Reception Studio 2 Studio 1 Les Mills Les Mills **PILATES YOGA** DANCE DANCE **BODY PUMP BODY PUMP** 11:30am 10:30am 11:30am 11:30am 11:30am 12:00pm Studio 1 Studio 1 Studio 2 Studio 1 Studio 1 Studio 2 **YOGA PILATES STRENGTH PILATES DANCE** reps 11:30am 11:15am 12:00pm 12:15pm 12:45pm 12:00pm Studio 2 Studio 2 Gym Floor Studio 2 Gym Floor Studio 1 **STRENGTH SHAPE ZUMBA GOLD AQUA YOGA** reps 12:00pm 11:30am 12:30pm 12:30pm 12:15pm Gym Floor Studio 1 Studio 1 Poolside Studio 2 Les Mills **STRENGTH AQUA BOX PILATES** functional **BODY** BALANCE 12:30pm 12:00pm 12:30pm 12:30pm Poolside Gym Floor Studio 2 Studio 1 Studio 1

SHAPE

12:30pm

Studio 1

YOGA

12:15pm

Studio 2

RIDE Race

18:15pm

Cycle Hub

YOGA

13:30pm

Studio 2

AQUA

12:30pm

Poolside

SUNDAY

SATURDAY





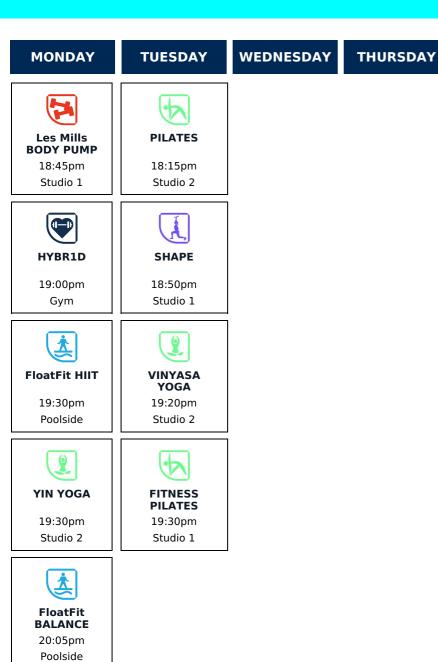
Studio 2



SATURDAY

FRIDAY

SUNDAY



Valid from 03/11/2025 to 07/11/2025.