































































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills BODY PUMP 07:00am Studio 1</p>	 <p>YOGA 06:45am Studio 2</p>	 <p>RIDE Rhythm 09:15am Cycle Hub</p>	 <p>VINYASA YOGA 06:45am Studio 2</p>	 <p>RIDE Rush 07:00am Cycle Hub</p>	 <p>Les Mills BODY ATTACK 08:00am Studio 1</p>	 <p>Les Mills BODY STEP 08:45am Studio 1</p>
 <p>PILATES 07:55am Studio 1</p>	 <p>HIIT 07:00am Gym</p>	 <p>HIIT 09:30am Gym Floor</p>	 <p>HIIT 07:00am Gym</p>	 <p>PILATES 07:00am Studio 2</p>	 <p>RIDE Race 08:30am Cycle Hub</p>	 <p>RIDE Race 09:00am Cycle Hub</p>
 <p>PILATES 08:15am Studio 2</p>	 <p>RIDE Rhythm 07:00am Cycle Hub</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>	 <p>VINYASA YOGA 08:00am Studio 2</p>	 <p>PILATES 08:00am Studio 2</p>	 <p>SHAPE 08:30am Studio 2</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>
 <p>RIDE Race 09:15am Cycle Hub</p>	 <p>ASHTANGA YOGA 08:00am Studio 2</p>	 <p>AQUA 10:00am Poolside</p>	 <p>RIDE Rhythm 09:15am Cycle Hub</p>	 <p>Les Mills BODY BALANCE 08:30am Studio 1</p>	 <p>Les Mills BODY COMBAT 08:45am Studio 1</p>	 <p>PILATES 09:30am Studio 2</p>
 <p>HATHA YOGA 09:15am Studio 2</p>	 <p>PILATES 08:15am Studio 1</p>	 <p>PILATES 10:15am Studio 2</p>	 <p>Les Mills BODY BALANCE 09:15am Studio 2</p>	 <p>PILATES 09:00am Studio 2</p>	 <p>PILATES 09:30am Studio 2</p>	 <p>Les Mills BODY PUMP 10:30am Studio 1</p>
 <p>HIIT 09:30am Gym Floor</p>	 <p>PILATES 09:15am Studio 2</p>	 <p>Les Mills BODY PUMP 10:30am Studio 1</p>	 <p>Les Mills BODY PUMP 09:30am Studio 1</p>	 <p>RIDE Rhythm & Core 09:30am Cycle Hub</p>	 <p>SHAPE 09:45am Studio 1</p>	 <p>YOGA 10:30am Studio 2</p>
 <p>Les Mills BODY STEP 09:30am Studio 1</p>	 <p>RIDE Rhythm 09:30am Cycle Hub</p>	 <p>PILATES 11:30am Studio 2</p>	 <p>STRETCH 10:15am Studio 2</p>	 <p>HIIT 09:30am Gym Floor</p>	 <p>HIIT 10:00am Gym Floor</p>	 <p>HIIT 11:00am Gym Floor</p>
 <p>Les Mills BODY PUMP 10:30am Studio 1</p>	 <p>Les Mills BODY ATTACK 09:30am Studio 1</p>	 <p>ZUMBA 11:30am Studio 1</p>	 <p>HIIT 10:30am Gym Floor</p>	 <p>Les Mills BODY PUMP 09:30am Studio 1</p>	 <p>YOGA 10:30am Studio 2</p>	 <p>SHAPE 11:30am Studio 1</p>

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY BALANCE 10:30am Studio 2	 AQUA 10:00am Poolside	 PILATES 12:30pm Studio 2	 Les Mills BODY STEP 10:30am Studio 1	 VINYASA YOGA 10:00am Studio 2	 Les Mills BODY STEP 10:45am Studio 1	
 NORDIC WALKING 10:30am Outdoors	 NORDIC WALKING 10:00am Outdoors	 ZUMBA GOLD 12:30pm Studio 1	 PILATES 11:15am Studio 2	 Les Mills BODY COMBAT 10:30am Studio 1	 SHAPE 11:45am Studio 1	
 YOGA 11:30am Studio 2	 Les Mills BODY BALANCE 10:15am Studio 2	 PILATES 18:15pm Studio 2	 DANCE 11:30am Studio 1	 RIDE Rhythm 10:30am Cycle Hub		
 YOGA 11:30am Studio 1	 Les Mills BODY PUMP 10:30am Studio 1	 RIDE Race 18:15pm Cycle Hub	 YOGA 12:10pm Studio 2	 PILATES 11:15am Studio 2		
 WELCOME TO GROUP EXERCISE 12:00pm Reception	 PILATES 11:15am Studio 2	 AQUA 18:30pm Poolside	 AQUA 12:30pm Poolside	 Les Mills BODY PUMP 11:30am Studio 1		
 AQUA 12:30pm Poolside	 SHAPE 11:30am Studio 1	 Les Mills BODY COMBAT 19:00pm Studio 1	 STRENGTH 12:30pm Studio 1	 HIIT 12:00pm Gym Floor		
 DANCE 12:30pm Studio 1	 HIIT 12:00pm Gym Floor	 Les Mills BODY PUMP 19:45pm Studio 1	 PILATES 18:00pm Studio 2	 YOGA 12:15pm Studio 2		
 STRETCH 14:00pm Studio 2	 YOGA 12:15pm Studio 2	 Les Mills BODY BALANCE 20:45pm Studio 1	 HIIT Strength 18:30pm Gym Floor	 Les Mills BODY BALANCE 12:30pm Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills BODY ATTACK 18:00pm Studio 1</p>	 <p>DANCE 12:30pm Studio 1</p>	 <p>Les Mills BODY PUMP 07:00am Studio 1</p>	 <p>Les Mills BODY ATTACK 18:45pm Studio 1</p>	 <p>AQUA 12:30pm Poolside</p>		
 <p>PILATES 18:00pm Studio 2</p>	 <p>STRETCH 13:30pm Studio 2</p>	 <p>STRETCH 08:00am Studio 2</p>	 <p>YOGA 19:00pm Studio 2</p>	 <p>PILATES 18:00pm Studio 1</p>		
 <p>RIDE Race 18:15pm Cycle Hub</p>	 <p>GOLF STRETCH 13:30pm Studio 1</p>	 <p>YOGA 08:00am Studio 1</p>	 <p>BARRE 19:30pm Studio 1</p>			
 <p>Les Mills BODY PUMP 18:30pm Studio 1</p>	 <p>MINDFULNESS & MEDITATION 14:30pm Studio 2</p>	 <p>YOGA 09:00am Studio 2</p>				
 <p>PILATES 18:45pm Studio 2</p>	 <p>WELCOME TO GROUP EXERCISE 17:30pm Reception</p>	 <p>RIDE Rhythm 09:15am Cycle Hub</p>				
 <p>Les Mills BODY COMBAT 19:30pm Studio 1</p>	 <p>HIIT Strength 18:00pm Gym</p>	 <p>HIIT 09:30am Gym Floor</p>				
 <p>YIN YOGA 19:30pm Studio 2</p>	 <p>Les Mills BODY PUMP 18:00pm Studio 1</p>	 <p>Les Mills BODY COMBAT 09:30am Studio 1</p>				
	 <p>PILATES 18:15pm Studio 2</p>	 <p>AQUA 10:00am Poolside</p>				

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Rhythm

18:30pm
Cycle Hub



PILATES

10:15am
Studio 2



SHAPE

18:35pm
Studio 1



**Les Mills
BODY PUMP**

10:30am
Studio 1



**FITNESS
PILATES**

19:20pm
Studio 1



PILATES

11:30am
Studio 2



**VINYASA
YOGA**

19:20pm
Studio 2



ZUMBA

11:30am
Studio 1



PILATES

12:30pm
Studio 2



ZUMBA GOLD

12:30pm
Studio 1



PILATES

18:15pm
Studio 2



RIDE Race

18:15pm
Cycle Hub

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



AQUA

18:30pm
Poolside



**Les Mills
BODY
COMBAT**

19:00pm
Studio 1



**Les Mills
BODY PUMP**

19:45pm
Studio 1



**Les Mills
BODY
BALANCE**

20:45pm
Studio 1

Valid from 05/08/2024 to 09/08/2024.