
































































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Body Pump 06:45am Studio 1	 SkillX burn 07:00am Gym	 Power Yoga 06:45am Studio 2	 Yoga 06:45am Studio 2	 Group Cycle 07:00am Cycle Hub	 Les Mills GRIT 07:45am Studio 1	 Les Mills Body Step 08:30am Studio 1
 Pilates 08:00am Studio 2	 Group Cycle 07:00am Cycle Hub	 Body Pump 07:00am Studio 1	 SkillX power 07:00am Gym	 Pilates 07:00am Studio 2	 Group Cycle 08:00am Spin Studio	 Group Cycle 09:00am Cycle Hub
 Group Cycle 08:30am Cycle Hub	 Yoga Ashtanga 07:50am Studio 2	 Pure Stretch 08:00am Studio 2	 Group Cycle 07:00am Cycle Hub	 Pilates 08:00am Studio 2	 Body Combat 08:30am Studio 1	 Body Combat 09:30am Studio 1
 Yoga Hatha 09:15am Studio 2	 Group Cycle 09:15am Cycle Hub	 Yoga 09:00am Studio 2	 Yoga Vinyasa 08:00am Studio 2	 Pilates 09:00am Studio 2	 Pilates 08:45am Studio 2	 Pilates 10:00am Studio 2
 SkillX tone 09:30am Gym	 Pilates 09:15am Studio 2	 Group Cycle 09:15am Cycle Hub	 Group Cycle 09:15am Cycle Hub	 Group Cycle 09:15am Cycle Hub	 Group Cycle 09:15am Cycle Hub	 Body Pump 10:30am Studio 1
 Group Cycle 09:30am Cycle Hub	 Body Attack 09:30am Studio 1	 SkillX burn 09:30am Gym	 Pure Stretch 09:15am Studio 2	 SkillX power 09:30am Gym	 Les Mills Body Step 09:30am Studio 1	 SkillX power 11:00am Gym
 Les Mills Body Step 09:30am Studio 1	 Nordic Walking 09:30am Outdoors	 Body Combat 09:30am Studio 1	 Body Pump 09:30am Studio 1	 Body Pump 09:30am Studio 1	 Yoga 09:45am Studio 2	 Yoga 11:00am Studio 2
 Les Mills Body Balance 10:30am Studio 2	 Aqua 10:00am Poolside	 Aqua 10:00am Poolside	 Nordic Walking 10:00am Outdoors	 Yoga Vinyasa 10:00am Studio 2	 SkillX tone 10:00am Gym	 Yoga 16:00pm Studio 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Body Pump 10:30am Studio 1	 Les Mills Body Balance 10:15am Studio 2	 Pilates 10:15am Studio 2	 Les Mills Body Balance 10:15am Studio 2	 Body Combat 10:30am Studio 1	 Total Body Workout 10:30am Studio 1	
 Nordic Walking 10:30am Outdoors	 Body Pump 10:30am Studio 1	 Body Pump 10:30am Studio 1	 SkillX power 10:30am Gym	 Nordic Walking 10:30am Outdoors		
 Legs, Bums and Tums 11:30am Studio 1	 Legs, Bums and Tums 11:30am Studio 1	 Zumba 11:30am Studio 1	 Dance Fit 10:30am Studio 1	 Pilates 11:15am Studio 2		
 Yoga 11:30am Studio 2	 SkillX tone 12:00pm Gym Floor	 Les Mills Body Balance 11:30am Studio 2	 Pilates 11:15am Studio 2	 Body Pump 11:30am Studio 1		
 Group Cycle 12:30pm Cycle Hub	 Yoga 12:00pm Studio 2	 SkillX flex 12:00pm Gym Floor	 SkillX burn 12:00pm Gym Floor	 Aqua 12:15pm Poolside		
 Aqua 12:30pm Poolside	 Aerobics 12:30pm Studio 1	 Group Cycle 12:30pm Cycle Hub	 Aqua 12:30pm Poolside	 Les Mills Body Balance 12:30pm Studio 1		
 Tai Chi 12:45pm Studio 2	 Body Tone 13:30pm Studio 1	 Pilates 12:30pm Studio 2	 Yoga 13:00pm Studio 2	 SkillX burn 17:30pm Gym Floor		
 Golf Stretch 14:00pm Studio 2	 Stretch and Relax 13:30pm Studio 2	 Zumba 12:30pm Studio 1	 Pilates 16:30pm Studio 2	 Pilates 18:00pm Studio 2		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Body Conditioning 17:00pm Studio 1</p>	 <p>Mindfulness & Meditation 14:30pm Studio 2</p>	 <p>Yoga 16:30pm Studio 2</p>	 <p>SkillX tone 17:30pm Gym Floor</p>			
 <p>Les Mills GRIT 17:45pm Studio 1</p>	 <p>Group Cycle 16:00pm Cycle Hub</p>	 <p>SkillX tone 18:00pm Gym Floor</p>	 <p>Mindfulness & Meditation 17:45pm Studio 2</p>			
 <p>SkillX power 18:00pm Gym Floor</p>	 <p>SkillX power 17:30pm Gym Floor</p>	 <p>Group Cycle 18:15pm Cycle Hub</p>	 <p>Les Mills Body Step 18:30pm Studio 1</p>			
 <p>Pilates 18:00pm Studio 2</p>	 <p>Zumba 18:15pm Studio 1</p>	 <p>Aqua 18:30pm Poolside</p>	 <p>Pilates 18:45pm Studio 2</p>			
 <p>Group Cycle 18:15pm Cycle Hub</p>	 <p>Pilates 18:15pm Studio 2</p>	 <p>Pilates 18:30pm Studio 2</p>	 <p>Group Cycle 19:00pm Cycle Hub</p>			
 <p>Body Pump 18:15pm Studio 1</p>	 <p>Group Cycle 19:00pm Cycle Hub</p>	 <p>Body Attack 19:00pm Studio 1</p>	 <p>Les Mills Body Balance 19:30pm Studio 1</p>			
 <p>Les Mills Body Balance 19:00pm Studio 2</p>	 <p>Body Combat 19:15pm Studio 1</p>	 <p>Yoga 19:30pm Studio 2</p>				
 <p>Body Tone 19:30pm Studio 1</p>	 <p>Yoga 19:15pm Studio 2</p>	 <p>Body Pump 19:50pm Studio 1</p>				

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Yin Yoga

20:00pm
Studio 2



**Mindfulness
& Meditation**

20:35pm
Studio 2

Valid from 24/01/2022 to 28/01/2022.