GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HYBR1D

07:00am Gym Floor



STRENGTH

07:00am Gym Floor



07:00am Gym Floor



STRENGTH

07:00am Gym Floor



HIIT Circuits

07:00am Gym Floor



RIDE Rhythm

08:00am Studio 1



STRENGTH power

09:30am Gym Floor



HYBR1D

09:15am Gym Floor



PILATES

09:15am Studio 2



STRETCH

09:00am Studio 2



PILATES

09:10am Studio 2



HATHA FLOW YOGA

09:15am Studio 2



YOGALATES

09:00am Studio 2



Les Mills **BODY PUMP**

09:50am Studio 1



RIDE Rhythm & Core

09:15am Studio 1



FUNCTIONAL CIRCUITS

09:30am Gym Floor



DANCE

09:15am Studio 1



RIDE Rush

09:15am Studio 1



Les Mills **BODY PUMP**

09:30am Studio 1



STRENGTH

09:15am Gym Floor



Les Mills **BODY GOMBAT**

Studio 1



PILATES

09:15am Studio 2



Les Mills **BODY PUMP**

09:30am Studio 1



HYBR1D

09:30am Gym Floor



YIN YOGA

10:00am Studio 2



HIIT Strength

10:30am Gym Floor



Les Mills **BODY PUMP**

09:15am Studio 1



FUNCTIONAL CIRCUITS

17:30pm Gym Floor



YOGA

10:10am Studio 2



Les Mills **BODY** BALANCE

Studio 2



PILATES

10:05am Studio 2



Les Mills **BODY**

47:00SK Studio 1



BARRE

10:30am Studio 2



YIN YOGA

10:05am Studio 2



Les Mills **BODY** BALANCE

Studio 2



FITSTEPS

10:30am Studio 1



STEP

10:20am Studio 1



HYBR1D

18:00pm Gym Floor



PILATES

17:00pm Studio 2



STRENGTH power

18:00pm Gym Floor



BODY 4J:10SK Studio 1

Les Mills



STRENGTH power

09:30am Gym Floor



Les Mills **BODY** BALANCE

Studio 2



STRENGTH

17:15pm Studio 1



PILATES

18:00pm Studio 2



BALANCE

Studio 2

Les Mills RIDE Rhythm **BODY**



& Core 18:00pm Studio 1



STRENGTH

11:00am Gym Floor







Les Mills **BODY GOMBAT**



STRENGTH

18:00pm Gym Floor



Les Mills **BODY GOMBAT**

Studio 1



STRENGTH functional 18:00pm

Gym Floor



MINDFULNESS MEDITATION

Studio 2



BODY GOMBAT Studio 1



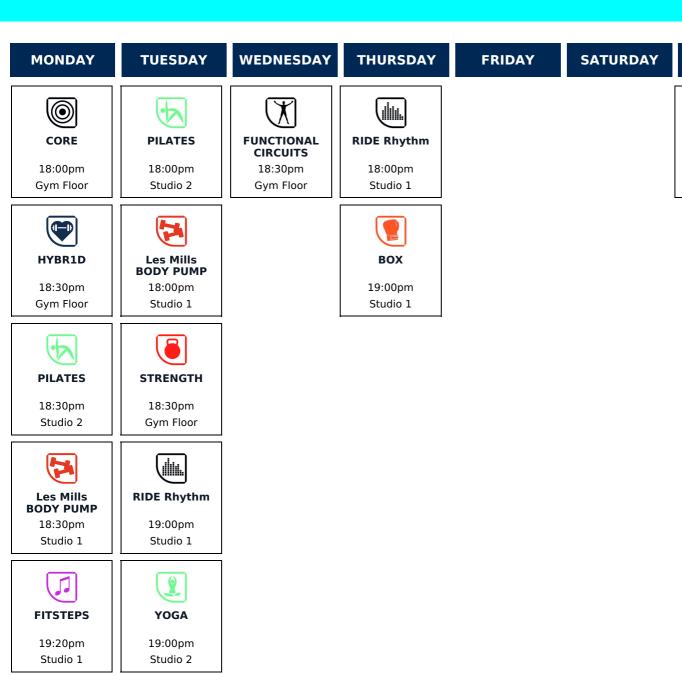
GROUP CLASSES TIMETABLE

SUNDAY

FUNCTIONAL

CIRCUITS 17:30pm

Gym Floor



Valid from 09/06/2025 to 13/06/2025.