

GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|--|--|
|  HYBR1D 07:00am Gym Floor |  STRENGTH 07:00am Gym Floor |  HYBR1D 07:00am Gym Floor |  PILATES 17:45pm Studio 2 |  HIIT Circuits 07:00am Gym Floor |  RIDE Rhythm 08:15am Studio 1 |  Les Mills BODY BALANCE 09:00am Studio 2 |
|  RIDE Rhythm & Core 09:15am Studio 1 |  YOGA 09:15am Studio 2 |  PILATES 08:15am Studio 2 |  STRENGTH 18:00pm Gym Floor |  PILATES 09:15am Studio 2 |  YOGALATES 09:00am Studio 2 |  Les Mills BODY PUMP 09:50am Studio 1 |
|  PILATES 09:15am Studio 2 |  FUNCTIONAL CIRCUITS 09:30am Gym Floor |  STRETCH 09:00am Studio 2 |  RIDE Rhythm & Core 18:00pm Studio 1 |  Les Mills BODY PUMP 09:30am Studio 1 |  STRENGTH 09:15am Gym Floor |  PILATES 10:00am Studio 2 |
|  FUNCTIONAL CIRCUITS 09:30am Gym Floor |  STRENGTH power 09:30am Studio 1 |  DANCE 09:15am Studio 1 |  YOGALATES 18:30pm Studio 2 |  BARRE 10:30am Studio 2 |  Les Mills BODY PUMP 09:15am Studio 1 |  Les Mills BODY COMBAT 10:45am Studio 1 |
|  YOGA 10:10am Studio 2 |  MINDFULNESS & MEDITATION 10:15am Studio 2 |  HIIT Circuits 09:30am Gym Floor |  STEP 19:00pm Studio 1 |  PILATES 11:20am Studio 2 |  PILATES 10:00am Studio 2 |  YOGA 11:15am Studio 2 |
|  FITSTEPS 10:30am Studio 1 |  STEP 10:20am Studio 1 |  PILATES 10:05am Studio 2 |  STRENGTH 07:00am Gym Floor |  GOLF CIRCUITS 12:05pm Gym Floor |  Les Mills BODY ATTACK 10:10am Studio 1 | |
|  Les Mills BODY COMBAT 11:20am Studio 1 |  CIRCL MOBILITY™ 14:00pm Gym Floor |  MENOFIT 17:00pm Studio 1 |  PILATES 09:10am Studio 2 |  RIDE Rhythm & Core 18:00pm Studio 1 |  STRENGTH 11:00am Gym Floor | |
|  Les Mills BODY ATTACK 17:30pm Studio 1 |  STRENGTH 17:15pm Gym Floor |  PILATES 17:45pm Studio 2 |  RIDE Rhythm & Core 09:30am Studio 1 | | | |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|--------|----------|--------|
|  VINYASA YOGA 17:30pm Studio 2 |  PILATES 17:45pm Studio 2 |  HYBR1D 18:00pm Gym Floor |  HATHA FLOW YOGA 10:00am Studio 2 | | | |
|  CORE 18:00pm Gym Floor |  STRENGTH 18:00pm Gym Floor |  STRENGTH power 18:00pm Studio 1 |  YIN YOGA 11:00am Studio 2 | | | |
|  HYBR1D 18:30pm Gym Floor |  Les Mills BODY PUMP 18:00pm Studio 1 |  STRETCH 18:30pm Studio 2 |  CIRCL MOBILITY™ 12:30pm Gym Floor | | | |
|  PILATES 18:30pm Studio 2 |  STRENGTH 18:30pm Gym Floor |  Les Mills BODY PUMP 19:00pm Studio 1 |  BOX 17:05pm Studio 1 | | | |
|  Les Mills BODY PUMP 18:30pm Studio 1 |  YOGA 18:45pm Studio 2 | |  PILATES 17:45pm Studio 2 | | | |
|  FITSTEPS 19:20pm Studio 1 |  RIDE Rhythm & Core 19:00pm Studio 1 | |  STRENGTH 18:00pm Gym Floor | | | |
| | | |  RIDE Rhythm & Core 18:00pm Studio 1 | | | |
| | | |  YOGALATES 18:30pm Studio 2 | | | |

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



STEP

19:00pm
Studio 1

Valid from 09/03/2026 to 13/03/2026.