GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HYBR1D

07:00am Gym Floor



PILATES

09:15am Studio 2



DANCE

09:15am Studio 1



STRENGTH

07:00am Gym Floor



HIIT Circuits

07:00am Gym Floor



RIDE Rhythm

08:00am Studio 1



Les Mills BODY

Studio 2



HYBR1D

09:15am Gym Floor



FUNCTIONAL CIRCUITS

09:30am Gym Floor



HYBR1D

09:30am Gym Floor



PILATES

09:10am Studio 2



STRENGTH

09:15am Gym Floor



YOGALATES

09:00am Studio 2



STRENGTH power

09:30am Gym Floor



PILATES

09:15am Studio 2



Les Mills BODY PUMP

09:30am Studio 1



PILATES

10:05am Studio 2



RIDE Rush

09:15am Studio 1



HATHA FLOW YOGA

09:15am Studio 2



STRENGTH

09:15am Gym Floor



Les Mills BODY PUMP

10:15am Studio 1



RIDE Rhythm & Core

09:15am Studio 1



Les Mills

BODY

HYBR1D

Studio 2 Gym Floor



YIN YOGA

10:00am Studio 2



Les Mills BODY PUMP

09:30am Studio 1



Les Mills BODY PUMP

09:15am Studio 1



FUNCTIONAL CIRCUITS

17:30pm Gym Floor



YOGA

10:10am Studio 2



Les Mills

BODY 19.28AT Studio 1



Les Mills BODY GOMBAT

Studio 1



Les Mills BODY

Studio 1



HIIT Strength

10:30am Gym Floor



Les Mills BODY

AT:TOSK

Studio 1



FITSTEPS

10:30am Studio 1



DANCE

17:00pm Studio 1



PILATES

18:00pm Studio 2



PILATES

17:00pm Studio 2



BARRE

10:30am Studio 2



STRENGTH

11:00am Gym Floor



Les Mills BODY BALANCE

Studio 2



STRENGTH

18:00pm Gym Floor



HIIT Circuits

18:30pm Gym Floor



Les Mills BODY BALANCE

Studio 2



STRENGTH power

18:00pm Gym Floor



YIN YOGA

11:00am Studio 2



Les Mills BODY COMBAT 17:30pm Studio 1



PILATES

18:00pm Studio 2



DANCE

18:50pm Studio 1



STRENGTH functional

18:00pm Gym Floor



RIDE Rhythm & Core

18:00pm Studio 1



STRENGTH

17:30pm Gym Floor

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



CORE

18:00pm Gym Floor



Les Mills BODY PUMP

> 18:00pm Studio 1



HYBR1D

07:00am Gym Floor



RIDE Rhythm

18:00pm Studio 1



MINDFULNESS & MEDITATION

Studio 2



HYBR1D

18:30pm Gym Floor



STRENGTH

18:30pm Gym Floor



STRETCH

09:00am Studio 2



BOX

19:00pm Studio 1



PILATES

18:30pm Studio 2



RIDE Rhythm

19:00pm Studio 1



DANCE

09:15am Studio 1



Les Mills BODY PUMP

> 18:30pm Studio 1



YOGA

19:00pm Studio 2



HYBR1D

09:30am Gym Floor



FITSTEPS

19:20pm Studio 1



PILATES

10:05am Studio 2



HYBR1D

18:00pm Gym Floor



Les Mills BODY GOMBAT

Studio 1



PILATES

18:00pm Studio 2

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Valid from 28/04/2025 to 02/05/2025.