






























































GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|--|--|---|
|  HIIT Circuits 07:00am Gym Floor |  HIIT Strength 07:00am Gym Floor |  HIIT Circuits 07:00am Gym Floor |  HIIT Strength 07:00am Gym Floor |  HIIT Circuits 07:00am Gym Floor |  RIDE Rhythm 08:00am Studio 1 |  Les Mills Body Balance 09:15am Studio 2 |
|  PILATES 09:15am Studio 2 |  RIDE Rhythm 07:00am Studio 1 |  STRETCH 09:00am Studio 2 |  PILATES 09:15am Studio 2 |  HIIT Circuits 09:15am Gym Floor |  HIIT Circuits 09:00am Gym Floor |  Body Combat 09:15am Studio 1 |
|  RIDE Rhythm 09:15am Studio 1 |  PILATES 09:15am Studio 2 |  DANCE 09:15am Studio 1 |  SHAPE 09:15am Studio 1 |  YOGA 09:15am Studio 2 |  YOGA 09:00am Studio 2 |  HIIT Circuits 09:30am Gym Floor |
|  HIIT Circuits 09:30am Gym Floor |  Legs, Bums and Tums 09:30am Gym Floor |  HIIT Circuits 09:30am Gym Floor |  Yin Yoga 10:00am Studio 2 |  Body Pump 09:30am Studio 1 |  Body Pump 09:15am Studio 1 |  Body Pump 10:15am Studio 1 |
|  YOGA 10:10am Studio 2 |  Body Pump 09:30am Studio 1 |  Body Combat 18:00pm Studio 1 |  RIDE Rush 10:10am Studio 1 |  PILATES 10:30am Studio 2 |  TAI CHI 10:00am Studio 2 |  HIIT Circuits 11:00am Gym Floor |
|  FitSteps 10:15am Studio 1 |  Les Mills Body Balance 10:15am Studio 2 |  TAI CHI 18:00pm Studio 2 |  PILATES 17:00pm Studio 2 |  Mindfulness & Meditation 18:00pm Studio 2 |  Les Mills Body Attack 10:10am Studio 1 | |
|  Les Mills Body Balance 17:30pm Studio 2 |  PILATES 18:00pm Studio 2 |  ZUMBA GLOW 18:50pm Studio 1 |  Les Mills Body Balance 17:50pm Studio 2 |  HIIT Circuits 18:30pm Gym Floor |  CORE 11:00am Gym Floor | |
|  CORE 18:00pm Gym Floor |  Body Pump 18:00pm Studio 1 |  Legs, Bums and Tums 19:00pm Gym Floor |  RIDE Rhythm 18:00pm Studio 1 | |  YOGA 11:00am Studio 2 | |

GROUP CLASSES TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--------|----------|--------|
|  <p>PILATES</p> <p>18:30pm Studio 2</p> |  <p>HIIT Circuits</p> <p>19:00pm Gym Floor</p> |  <p>YOGALATES</p> <p>19:00pm Studio 2</p> |  <p>Legs, Bums and Tums</p> <p>18:30pm Gym Floor</p> | | | |
|  <p>Body Pump</p> <p>18:30pm Studio 1</p> |  <p>RIDE Rhythm</p> <p>19:00pm Studio 1</p> | |  <p>Boxing Circuits</p> <p>19:00pm Studio 1</p> | | | |
|  <p>ZUMBA</p> <p>19:20pm Studio 1</p> |  <p>YOGA</p> <p>19:00pm Studio 2</p> | | | | | |

Valid from 04/12/2023 to 08/12/2023.