
































































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	 STRENGTH 07:00am Gym Floor	 HIIT Circuits 07:00am Gym Floor	 STRENGTH 17:30pm Gym Floor	 Les Mills BODY BALANCE 09:00am Studio 2
 HIIT Circuits 09:15am Gym Floor	 FUNCTIONAL CIRCUITS 09:15am Gym Floor	 STRETCH 09:00am Studio 2	 PILATES 09:10am Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 08:00am Studio 1	 STRENGTH 09:30am Gym Floor
 RIDE Rhythm & Core 09:15am Studio 1	 YOGA 09:15am Studio 2	 DANCE 09:15am Studio 1	 RIDE Rush 09:30am Studio 1	 HIIT Circuits 10:30am Gym Floor	 YOGALATES 09:00am Studio 2	 Les Mills BODY PUMP 09:50am Studio 1
 YOGA 10:10am Studio 2	 Les Mills BODY PUMP 09:30am Studio 1	 HIIT Circuits 09:30am Gym Floor	 HATHA FLOW YOGA 10:00am Studio 2	 BARRE 10:30am Studio 2	 STRENGTH 09:15am Gym Floor	 Les Mills BODY COMBAT 10:45am Studio 1
 FITSTEPS 10:30am Studio 1	 MINDFULNESS & MEDITATION 10:15am Studio 2	 HYBR1D 18:00pm Gym Floor	 YIN YOGA 11:00am Studio 2	 STRENGTH 18:00pm Gym Floor	 Les Mills BODY PUMP 09:15am Studio 1	 FUNCTIONAL CIRCUITS 17:30pm Gym Floor
 Les Mills BODY COMBAT 17:30pm Studio 1	 STEP 10:20am Studio 1	 Les Mills BODY COMBAT 18:00pm Studio 1	 Les Mills BODY ATTACK 17:00pm Studio 1	 RIDE Rhythm & Core 18:00pm Studio 1	 Les Mills BODY ATTACK 10:10am Studio 1	
 VINYASA YOGA 17:30pm Studio 2	 DANCE 17:15pm Studio 1	 PILATES 18:00pm Studio 2	 STRENGTH 18:00pm Gym Floor	 STRETCH 18:00pm Studio 2	 STRENGTH 11:00am Gym Floor	
 CORE 18:00pm Gym Floor	 STRENGTH 18:00pm Gym Floor	 FUNCTIONAL CIRCUITS 18:30pm Gym Floor	 RIDE Rhythm 18:00pm Studio 1		 STRENGTH 17:30pm Gym Floor	

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> HYBR1D 18:30pm Gym Floor</div>	<div> Les Mills BODY PUMP 18:00pm Studio 1</div>	<div> ZUMBA 18:50pm Studio 1</div>	<div> STEP 19:00pm Studio 1</div>			
<div> PILATES 18:30pm Studio 2</div>	<div> PILATES 18:00pm Studio 2</div>					
<div> Les Mills BODY PUMP 18:30pm Studio 1</div>	<div> STRENGTH 18:30pm Gym Floor</div>					
<div> FITSTEPS 19:20pm Studio 1</div>	<div> RIDE Rhythm 19:00pm Studio 1</div>					
	<div> YOGA 19:00pm Studio 2</div>					

Valid from 25/08/2025 to 29/08/2025.