













































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 YOGA 08:30am Studio 2	 FITNESS PILATES 08:30am Studio 2	 WELCOME TO GROUP EXERCISE 15:30pm Gym Floor	 YOGA 08:30am Studio 2	 YOGA 08:30am Studio 2	 Body Pump 09:00am Studio 1	 Les Mills BODY BALANCE 09:00am Studio 1
 PILATES 09:20am Studio 2	 FITNESS PILATES 09:20am Studio 2	 PILATES 13:30pm Studio 1	 PILATES 09:25am Studio 2	 RIDE Rhythm 09:15am Spin Studio	 RIDE Race 09:15am Spin Studio	 RIDE Race 09:00am Spin Studio
 RIDE Rhythm 09:30am Spin Studio	 RIDE Race 09:30am Spin Studio	 AQUA 14:30pm Pool	 Body Pump 09:30am Studio 1	 PILATES 09:20am Studio 2	 BLAST 10:00am Studio 1	 Body Pump 10:00am Studio 1
 BLAST 09:30am Studio 1	 BLAST 09:30am Studio 1	 RIDE Race 17:45pm Spin Studio	 RIDE Rhythm 09:30am Spin Studio	 Body Pump 09:25am Studio 1	 RIDE Rhythm 10:05am Spin Studio	 YOGA 10:00am Studio 2
 AQUA 09:30am Pool	 AQUA 10:15am Pool	 Les Mills BODY BALANCE 18:00pm Studio 2	 AQUA 10:15am Pool	 RIDE Race 10:15am Spin Studio		
 Les Mills BODY BALANCE 10:20am Studio 2	 RIDE Rhythm 10:20am Spin Studio	 Body Pump 18:15pm Studio 1	 Les Mills BODY BALANCE 10:20am Studio 2	 DANCE 10:15am Studio 1		
 RIDE Rush 10:20am Spin Studio	 STRENGTH 10:30am Gym Floor	 RIDE Race 18:35pm Spin Studio	 Body Combat 10:20am Studio 1	 HIIT 11:00am Gym Floor		
 SHAPE 10:30am Studio 1	 Body Pump 10:30am Studio 1	 YOGA 18:50pm Studio 2	 RIDE Rush 10:25am Spin Studio	 PURE STRETCH 11:15am Studio 1		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HIIT 11:05am Gym Floor	 HIIT 11:15am Gym Floor	 CORE 19:05pm Studio 1	 PURE STRETCH 11:15am Studio 1	 MOVE 12:35pm Studio 1		
 STEP 11:20am Studio 1	 SHAPE 11:20am Studio 2		 SHAPE 11:15am Studio 2	 Yin Yoga 12:35pm Studio 2		
 YOGA 11:30am Studio 2	 ZUMBA 12:35pm Studio 1		 ZUMBA 13:00pm Studio 1	 PILATES 13:30pm Studio 1		
 YOGA 12:35pm Studio 2	 YOGA 12:35pm Studio 2		 FITNESS PILATES 13:50pm Studio 1	 TAI CHI 13:30pm Studio 2		
 PILATES 13:15pm Studio 1	 PILATES 13:30pm Studio 1		 AQUA 14:00pm Pool	 AQUA 14:30pm Pool		
 SHAPE 14:00pm Studio 1	 PURE STRETCH 14:20pm Studio 1		 RIDE Race 17:00pm Spin Studio	 Body Combat 18:00pm Studio 1		
 AQUA 15:00pm Pool	 RIDE Rhythm 16:45pm Spin Studio		 YOGA 18:00pm Studio 2	 YOGA 18:50pm Studio 1		
 Les Mills BODY BALANCE 18:00pm Studio 2	 RIDE Race 17:35pm Spin Studio		 Body Pump 18:00pm Studio 1			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> Body Combat 18:00pm Studio 1</div>	<div> SHAPE 18:00pm Studio 1</div>		<div><div> Body Combat 18:50pm Studio 1</div></div>			
<div> SHAPE 18:55pm Studio 1</div>	<div> YOGA 18:50pm Studio 1</div>					
<div> YOGA 18:55pm Studio 2</div>						

Valid from 29/04/2024 to 03/05/2024.