GROUP CLASSES TIMETABLE

WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY FRIDAY YOGA FITNESS WELCOME TO YOGA **YOGA Body Pump PILATES GROUP** EXERCISE 08:30am 08:30am 08:30am 08:30am 09:00am Studio 2 Studio 2 Gym Floor Studio 2 Studio 2 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



Les Mills

BODY

BALANCE

Studio 1

SUNDAY

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

Studio 2



AQUA

10:15am Pool



RIDE Race

10:15am Spin Studio



Les Mills **BODY**

Studio 2





RIDE Rhythm

10:20am Spin Studio



Body Pump

18:15pm Studio 1



Les Mills **BODY** BALANCE

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



11:00am Gym Floor



SHAPE

10:30am Studio 1



Body Pump

10:30am Studio 1



YOGA

18:50pm Studio 2



RIDE Rush

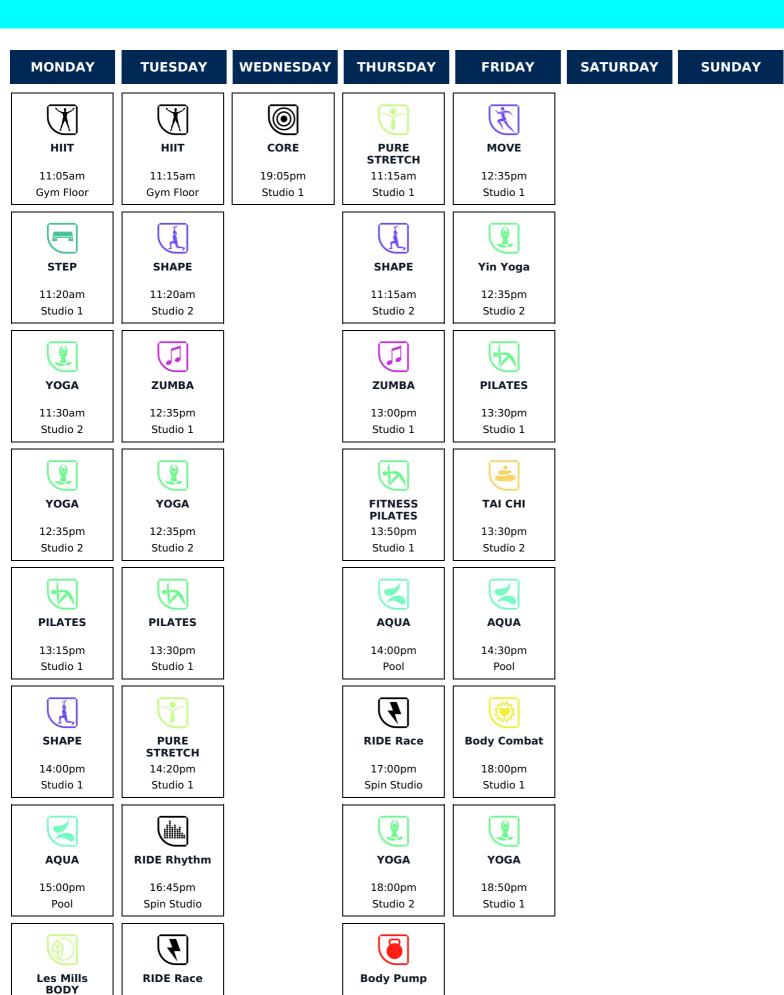
10:25am Spin Studio



PURE STRETCH

11:15am Studio 1

GROUP CLASSES TIMETABLE



18:00pm

Studio 1

BALANCE

Studio 2

17:35pm

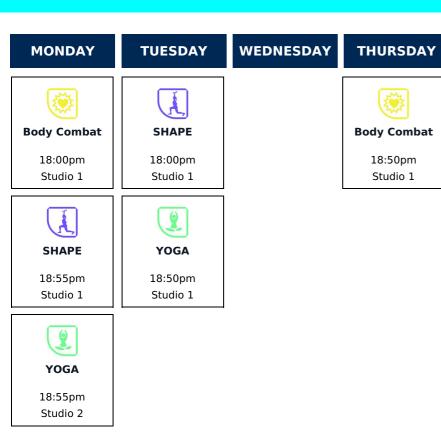
Spin Studio

GROUP CLASSES TIMETABLE

FRIDAY

SATURDAY

SUNDAY



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