#### **WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY FRIDAY RIDE Race FITNESS RIDE Race YOGA YOGA** Les Mills **PILATES BODY PUMP** 06:45am 08:30am 17:45pm 08:30am 08:30am 09:00am Spin Studio Studio 2 Spin Studio Studio 2 Studio 2 Studio 1



**HIIT Circuits** 



08:45am Studio 1



Les Mills **BODY** BALANCE Studio 2



09:25am Studio 2



09:20am Studio 2



09:15am Spin Studio



Les Mills

**BODY** BALANCE

Studio 1

**SUNDAY** 

09:00am Spin Studio



Studio 1

08:30am Studio 2



09:20am Studio 2



Les Mills **BODY PUMP** 18:15pm Studio 1



Les Mills **BODY PUMP** 09:30am Studio 1



09:25am





10:00am Studio 1





**PILATES** 

09:20am Studio 2



09:30am Studio 1



FloatFit HIIT

18:30pm Pool



**RIDE Rhythm** 

09:30am Spin Studio



**RIDE Rhythm** 

09:30am Spin Studio



**RIDE Rhythm** 

10:05am Spin Studio



**YOGA** 10:00am Studio 2



**BLAST** 

09:30am Studio 1



**RIDE Race** 

09:30am Spin Studio



**FloatFit BALANCE** 

19:00pm Pool



**AQUA** 

10:15am Pool



**DANCE** 

10:15am Studio 1



**RIDE Rhythm** 

09:30am Spin Studio



**AQUA** 

10:15am Pool



**CORE** 

19:05pm Studio 1



**RIDE Race** 

10:20am Spin Studio



BARRE

10:15am Studio 2



**AQUA** 

09:30am Pool



**RIDE Rhythm** 

10:20am Spin Studio



**MOVE** 

08:30am Studio 1



LINE

**DANCING** 10:20am Studio 2



**RIDE Rhythm** 

10:20am Spin Studio



Les Mills **BODY** BALANCE Studio 2



Les Mills **BODY** BALANCE

Studio 2



**YOGA** 

09:00am Studio 2



Les Mills **BODY GOMBAT** Studio 1



**PURE STRETCH** 

11:15am Studio 1

**SUNDAY** 

#### **WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SATURDAY RIDE Race** Les Mills **RIDE Rhythm PURE AQUA BODY PUMP STRETCH** 10:20am 10:30am 09:30am 11:15am 11:15am Spin Studio Studio 1 Spin Studio Studio 1 Pool **PURE SHAPE HIIT Circuits SHAPE MOVE STRETCH** 11:20am 10:30am 09:30am 11:15am 12:35pm Studio 1 Studio 2 Studio 1 Studio 2 Studio 1 **STEP SHAPE AQUA ZUMBA** YIN YOGA 11:20am 11:20am 10:00am 13:00pm 12:35pm Studio 1 Studio 1 Pool Studio 1 Studio 2 **YOGA ZUMBA RIDE Race AQUA PILATES** 11:35am 12:35pm 10:20am 14:00pm 13:25pm Studio 2 Studio 1 Spin Studio Pool Studio 1 **YOGA YOGA** Les Mills **WELLNESS** TAI CHI **BODY** BALANCE 12:35pm 14:00pm 13:30pm 12:35pm Studio 2 Studio 2 Studio 2 Studio 2 Studio 2 **PILATES PILATES STRENGTH STRENGTH STRENGTH** functional reps 13:30pm 10:25am 18:00pm 14:15pm 13:15pm Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **PURE SHAPE YOGA HYBR1D STEP STRETCH** 14:00pm 14:20pm 11:15am 18:00pm 18:00pm Studio 1 Studio 1 Studio 1 Studio 2 Gym Floor

**AQUA** 

15:00pm

Pool

**RIDE Race** 

16:45pm

Spin Studio

**PILATES** 

11:15am

Studio 2

**HYBR1D** 

18:30pm

Gym Floor

**YOGA** 

18:00pm

Studio 1

**MONDAY** 

18:00pm

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

**SATURDAY** 

**SUNDAY** 



**BLAST** 

Studio 1



**RIDE Rhythm** 

17:35pm Spin Studio



**MOVE** 

12:35pm Studio 1



Les Mills **BODY GRABAT** 

Studio 1



**CORE** 

18:50pm Studio 1



Les Mills **BODY** BALANCE

Studio 2



**SHAPE** 

18:00pm Studio 1



**YOGA** 

12:35pm Studio 2



**RIDE Rhythm** 

19:00pm Spin Studio



**CORE** 

18:50pm Studio 1



**HYBR1D** 

18:20pm Gym Floor



**PILATES** 

13:30pm Studio 1



**YOGA** 

18:50pm Studio 2



**YOGA** 

18:50pm Studio 1



TAI CHI

13:30pm Studio 2



**AQUA** 

14:30pm Pool



**RIDE Race** 

17:45pm Spin Studio



Les Mills **BODY** BALANCE

Studio 2



Les Mills **BODY PUMP** 

> 18:00pm Studio 1

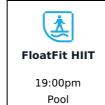
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY





CORE

18:50pm Studio 1



Valid from 28/07/2025 to 01/08/2025.