GROUP CLASSES TIMETABLE

WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY SUNDAY FRIDAY RIDE Race HIIT Circuits RIDE Race YOGA YOGA Les Mills Les Mills **BODY PUMP BODY** BALANCE 06:45am 08:50am 17:45pm 08:30am 08:30am 09:00am Studio 1 Spin Studio Studio 1 Spin Studio Studio 2 Studio 2 Studio 1 **MOVE FITNESS** Les Mills **HYBR1D PILATES RIDE Race RIDE Rhythm PILATES BODY** BALANCE 08:30am 09:20am 08:45am 09:20am 09:15am 09:00am Studio 1 Studio 2 Studio 2 Spin Studio Studio 2 Studio 1 Spin Studio YOGA BOX Les Mills **PILATES STRENGTH BLAST** Les Mills **BODY PUMP BODY PUMP** 08:30am 09:25am 18:00pm 09:25am 09:25am 10:00am 10:00am Studio 2 Studio 1 Studio 1 Studio 2 Studio 1 Studio 1 Studio 1 (\bigcirc) **PILATES RIDE Race CORE** Les Mills **RIDE Race RIDE Rhythm YOGA BODY PUMP** 09:25am 09:30am 18:50pm 09:30am 09:30am 10:05am 10:00am Studio 2 Spin Studio Studio 1 Studio 1 Spin Studio Spin Studio Studio 2 **RIDE Rhythm AQUA YOGA RIDE Rhythm DANCE** 09:30am 10:15am 09:00am 09:30am 10:15am Spin Studio Studio 2 Spin Studio Studio 1 Pool **AQUA RIDE Rhythm RIDE Rhythm AQUA RIDE Rhythm** 09:30am 10:20am 09:30am 10:15am 10:20am Pool Spin Studio Spin Studio Pool Spin Studio



HIIT Circuits

09:30am

Studio 1

Les Mills BODY BALANCE Studio 2



STRENGTH

10:20am

Studio 1

11:20am Studio 1



HIIT Circuits

09:30am

Studio 1

10:15am Pool



RIDE Race

10:20am

Spin Studio

Les Mills BODY COMBAT 10:20am Studio 1



PURE

STRETCH

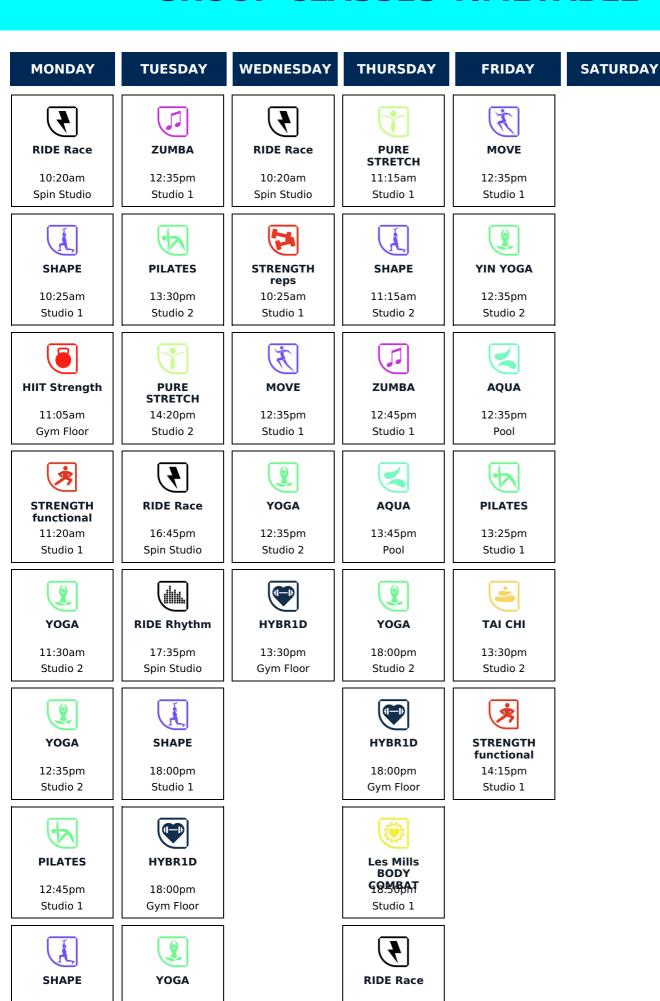
11:15am

Studio 1

BARRE 11:30am Studio 2

GROUP CLASSES TIMETABLE

SUNDAY



19:00pm

Spin Studio

13:35pm

Studio 1

18:50pm

Studio 1

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



AQUA

14:25pm Pool



Les Mills BODY BALANCE

Studio 2



STEP

18:00pm Studio 1



CORE

18:50pm Studio 1



YOGA

18:55pm Studio 2

Valid from 15/12/2025 to 19/12/2025.