GROUP CLASSES TIMETABLE

WEDNESDAY THURSDAY MONDAY TUESDAY SATURDAY SUNDAY FRIDAY RIDE Race FITNESS HIIT Cardio YOGA YOGA Les Mills Les Mills **PILATES BODY PUMP BODY** BALANCE 06:45am 08:30am 06:30am 08:30am 08:30am 09:00am Spin Studio Studio 2 Studio 1 Studio 2 Studio 2 Studio 1 Studio 1 **MOVE HIIT Circuits RIDE Race HYBR1D PILATES RIDE Race RIDE Rhythm** 08:30am 08:50am 07:15am 08:45am 09:20am 09:15am 09:00am Studio 1 Spin Studio Studio 1 Spin Studio Studio 1 Studio 2 Spin Studio YOGA **FITNESS** MOVE **PILATES STRENGTH BLAST** Les Mills **BODY PUMP PILATES** 08:30am 09:20am 08:30am 09:25am 09:25am 10:00am 10:00am Studio 2 Studio 2 Studio 1 Studio 2 Studio 1 Studio 1 Studio 1 **PILATES** BOX **YOGA** Les Mills **RIDE Race RIDE Rhythm YOGA BODY PUMP** 09:20am 09:25am 09:00am 09:30am 09:30am 10:05am 10:00am Studio 2 Studio 1 Studio 2 Studio 1 Spin Studio Spin Studio Studio 2 **RIDE Rhythm RIDE Race RIDE Rhythm RIDE Rhythm** 09:30am 09:30am 09:30am 09:30am 10:00am Spin Studio Spin Studio Spin Studio Spin Studio Gym Floor **AQUA AQUA HIIT Circuits AQUA** DANCE

09:30am Pool

10:15am Pool

09:30am Studio 1

10:15am Pool

10:15am Studio 1



HIIT Circuits

09:30am Studio 1



RIDE Rhythm

10:20am Spin Studio



AQUA

10:15am Pool



RIDE Race

10:20am Spin Studio



RIDE Rhythm

10:20am Spin Studio



Les Mills **BODY** BALANCE

Studio 2



Les Mills **BODY** BALANCE Studio 2



RIDE Race

10:20am Spin Studio



Les Mills **BODY GOMBAT**

Studio 1



PURE STRETCH

11:15am Studio 1

GROUP CLASSES TIMETABLE

SUNDAY

WEDNESDAY THURSDAY SATURDAY MONDAY TUESDAY FRIDAY Meno Fit™ **RIDE Race STRENGTH** Les Mills **MENOFIT BARRE BODY** BALANCE 10:20am 10:20am 10:20am 11:30am Spin Studio Studio 1 Studio 2 Studio 2 Studio 2 **STRENGTH PURE SHAPE SHAPE MOVE** STRETCH reps 10:25am 11:20am 10:25am 11:15am 12:35pm Studio 1 Studio 1 Studio 1 Studio 1 Studio 1 **HIIT Strength PURE STEP SHAPE** YIN YOGA **STRETCH** 11:05am 11:20am 11:15am 11:15am 12:35pm Studio 2 Studio 2 Gym Floor Studio 1 Studio 2 **STRENGTH ZUMBA PILATES ZUMBA AQUA** functional 11:20am 12:35pm 11:15am 12:45pm 12:35pm Studio 1 Studio 1 Studio 2 Studio 1 Pool **YOGA YOGA MOVE AQUA PILATES** 11:30am 12:35pm 13:45pm 13:25pm 12:35pm Studio 2 Studio 2 Studio 1 Pool Studio 1 **YOGA PILATES YOGA STRENGTH** TAI CHI 13:30pm 18:00pm 13:30pm 12:35pm 12:35pm Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 **PURE PILATES YOGA STRENGTH PILATES STRETCH** functional 12:45pm 14:20pm 13:30pm 18:00pm 14:15pm Studio 1 Studio 1 Studio 1 Studio 2 Studio 1 **SHAPE RIDE Race TAI CHI HYBR1D YOGA**

13:35pm

Studio 1

16:45pm

Spin Studio

13:30pm

Studio 2

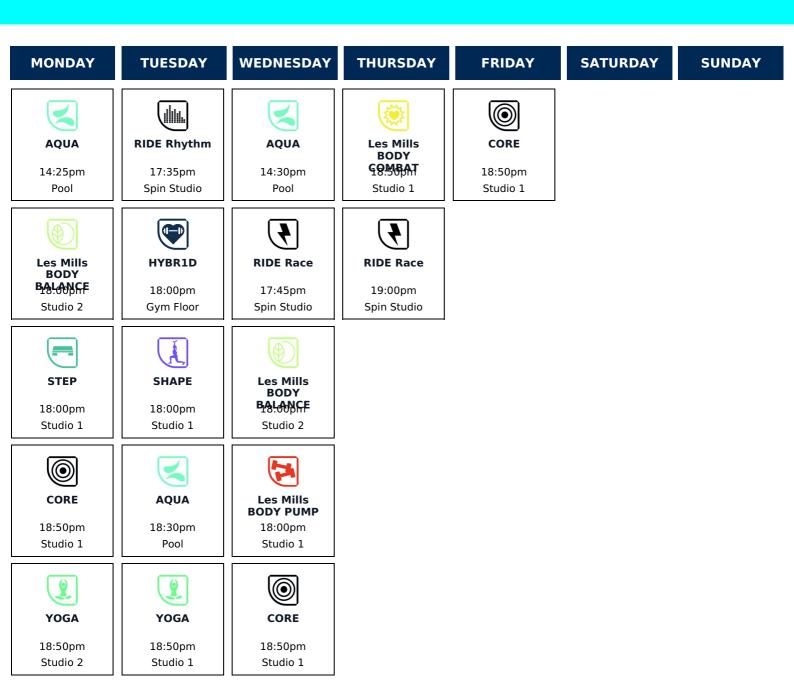
18:00pm

Studio 1

18:20pm

Gym Floor

GROUP CLASSES TIMETABLE



Valid from 27/10/2025 to 31/10/2025.