
























































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Race 06:45am Spin Studio	 HIIT Circuits 08:50am Studio 1	 RIDE Race 17:45pm Spin Studio	 YOGA 08:30am Studio 2	 YOGA 08:30am Studio 2	 Les Mills BODY PUMP 09:00am Studio 1	 Les Mills BODY BALANCE 09:00am Studio 1
 MOVE 08:30am Studio 1	 FITNESS PILATES 09:20am Studio 2	 Les Mills BODY BALANCE 18:00pm Studio 2	 HYBR1D 08:45am Studio 1	 PILATES 09:20am Studio 2	 RIDE Race 09:15am Spin Studio	 RIDE Rhythm 09:00am Spin Studio
 YOGA 08:30am Studio 2	 BOX 09:25am Studio 1	 Les Mills BODY PUMP 18:00pm Studio 1	 PILATES 09:25am Studio 2	 STRENGTH 09:25am Studio 1	 BLAST 10:00am Studio 1	 Les Mills BODY PUMP 10:00am Studio 1
 PILATES 09:25am Studio 2	 RIDE Race 09:30am Spin Studio	 CORE 18:50pm Studio 1	 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Race 09:30am Spin Studio	 RIDE Rhythm 10:05am Spin Studio	 YOGA 10:00am Studio 2
 RIDE Rhythm 09:30am Spin Studio	 AQUA 10:15am Pool	 YOGA 09:00am Studio 2	 RIDE Rhythm 09:30am Spin Studio	 DANCE 10:15am Studio 1		
 AQUA 09:30am Pool	 RIDE Rhythm 10:20am Spin Studio	 RIDE Rhythm 09:30am Spin Studio	 AQUA 10:15am Pool	 RIDE Rhythm 10:20am Spin Studio		
 HIIT Circuits 09:30am Studio 1	 STRENGTH 10:20am Studio 1	 HIIT Circuits 09:30am Studio 1	 RIDE Race 10:20am Spin Studio	 PURE STRETCH 11:15am Studio 1		
 Les Mills BODY BALANCE 10:20am Studio 2	 SHAPE 11:20am Studio 1	 AQUA 10:15am Pool	 Les Mills BODY COMBAT 10:20am Studio 1	 BARRE 11:30am Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Race 10:20am Spin Studio	 ZUMBA 12:35pm Studio 1	 RIDE Race 10:20am Spin Studio	 PURE STRETCH 11:15am Studio 1	 MOVE 12:35pm Studio 1		
 SHAPE 10:25am Studio 1	 PILATES 13:30pm Studio 2	 STRENGTH reps 10:25am Studio 1	 SHAPE 11:15am Studio 2	 YIN YOGA 12:35pm Studio 2		
 HIIT Strength 11:05am Gym Floor	 PURE STRETCH 14:20pm Studio 2	 MOVE 12:35pm Studio 1	 ZUMBA 12:45pm Studio 1	 AQUA 12:35pm Pool		
 STRENGTH functional 11:20am Studio 1	 RIDE Race 16:45pm Spin Studio	 YOGA 12:35pm Studio 2	 AQUA 13:45pm Pool	 PILATES 13:25pm Studio 1		
 YOGA 11:30am Studio 2	 RIDE Rhythm 17:35pm Spin Studio	 HYBR1D 13:30pm Gym Floor	 YOGA 18:00pm Studio 2	 TAI CHI 13:30pm Studio 2		
 YOGA 12:35pm Studio 2	 SHAPE 18:00pm Studio 1		 HYBR1D 18:00pm Gym Floor	 STRENGTH functional 14:15pm Studio 1		
 PILATES 12:45pm Studio 1	 HYBR1D 18:00pm Gym Floor		 Les Mills BODY COMBAT 18:50pm Studio 1			
 SHAPE 13:35pm Studio 1	 YOGA 18:50pm Studio 1		 RIDE Race 19:00pm Spin Studio			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div><p>AQUA</p><p>14:25pm Pool</p></div>						
<div><p>Les Mills BODY BALANCE</p><p>18:00pm Studio 2</p></div>						
<div><p>STEP</p><p>18:00pm Studio 1</p></div>						
<div><p>CORE</p><p>18:50pm Studio 1</p></div>						
<div><p>YOGA</p><p>18:55pm Studio 2</p></div>						

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