










































































































# GROUP CLASSES TIMETABLE

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

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>RIDE Race</b> 10:20am Spin Studio	 <b>STRENGTH functional</b> 10:30am Gym Floor	 <b>AQUA</b> 10:15am Pool	 <b>PURE STRETCH</b> 11:15am Studio 1	 <b>PURE STRETCH</b> 11:15am Studio 1		
 <b>SHAPE</b> 10:30am Studio 1	 <b>Les Mills BODY PUMP</b> 10:30am Studio 1	 <b>RIDE Race</b> 10:20am Spin Studio	 <b>SHAPE</b> 11:15am Studio 2	 <b>MOVE</b> 12:35pm Studio 1		
 <b>HIIT Strength</b> 11:05am Gym Floor	 <b>SHAPE</b> 11:20am Studio 1	 <b>Les Mills BODY BALANCE</b> 10:20am Studio 2	 <b>ZUMBA</b> 12:45pm Studio 1	 <b>YIN YOGA</b> 12:35pm Studio 2		
 <b>STRENGTH functional</b> 11:20am Studio 1	 <b>PURE STRETCH</b> 11:20am Studio 2	 <b>STRENGTH reps</b> 10:25am Studio 1	 <b>WELLNESS</b> 13:35pm Studio 2	 <b>PILATES</b> 13:25pm Studio 1		
 <b>YOGA</b> 11:30am Studio 2	 <b>ZUMBA</b> 12:35pm Studio 1	 <b>STEP</b> 11:15am Studio 1	 <b>AQUA</b> 13:45pm Pool	 <b>TAI CHI</b> 13:30pm Studio 2		
 <b>YOGA</b> 12:35pm Studio 2	 <b>YOGA</b> 12:35pm Studio 2	 <b>PILATES</b> 11:15am Studio 2	 <b>STRENGTH</b> 18:00pm Studio 1	 <b>STRENGTH functional</b> 14:15pm Studio 1		
 <b>PILATES</b> 12:45pm Studio 1	 <b>PILATES</b> 13:30pm Studio 1	 <b>MOVE</b> 12:35pm Studio 1	 <b>YOGA</b> 18:00pm Studio 2	 <b>HYBRID</b> 18:00pm Gym Floor		
 <b>SHAPE</b> 13:35pm Studio 1	 <b>PURE STRETCH</b> 14:20pm Studio 1	 <b>YOGA</b> 12:35pm Studio 2	 <b>HYBRID</b> 18:30pm Gym Floor	 <b>YOGA</b> 18:00pm Studio 1		

# GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> <b>AQUA</b> 14:25pm Pool</div>	<div> <b>RIDE Race</b> 16:45pm Spin Studio</div>	<div> <b>PILATES</b> 13:30pm Studio 1</div>	<div> <b>Les Mills BODY COMBAT</b> 18:50pm Studio 1</div>	<div> <b>CORE</b> 18:50pm Studio 1</div>		
<div> <b>BLAST</b> 18:00pm Studio 1</div>	<div> <b>RIDE Rhythm</b> 17:35pm Spin Studio</div>	<div> <b>TAI CHI</b> 13:30pm Studio 2</div>	<div> <b>RIDE Race</b> 19:00pm Spin Studio</div>			
<div> <b>CORE</b> 18:50pm Studio 1</div>	<div> <b>HYBR1D</b> 18:20pm Gym Floor</div>	<div> <b>AQUA</b> 14:30pm Pool</div>				
	<div> <b>AQUA</b> 18:30pm Pool</div>	<div> <b>RIDE Race</b> 17:45pm Spin Studio</div>				
		<div> <b>Les Mills BODY BALANCE</b> 18:00pm Studio 2</div>				
		<div> <b>Les Mills BODY PUMP</b> 18:00pm Studio 1</div>				
		<div> <b>CORE</b> 18:50pm Studio 1</div>				

Valid from 15/09/2025 to 19/09/2025.