TUESDAY WEDNESDAY THURSDAY MONDAY FRIDAY SATURDAY SUNDAY HIIT Circuits YOGA YOGA Les Mills Les Mills **BODY PUMP BODY** BALANCE 09:00am 08:30am 09:30am 08:30am 08:30am Studio 1 Studio 1 Studio 1 Studio 2 Studio 2 Studio 1 **RIDE Rhythm YOGA RIDE Rhythm PILATES PILATES RIDE Race** 08:30am 09:20am 09:00am 09:30am 09:25am 09:15am Studio 2 Studio 2 Spin Studio Spin Studio Studio 2 Spin Studio Les Mills **PILATES AQUA** FloatFit HIIT Les Mills **BLAST BODY PUMP BODY PUMP** 09:20am 10:00am 09:30am 09:25am 10:00am 10:00am Studio 2 Pool Pool Studio 1 Studio 1 Studio 1 Les Mills **RIDE Rhythm RIDE Rhythm** YOGA **AQUA** Les Mills **BODY BODY PUMP** BALANCE 09:30am 10:05am 09:30am 09:30am 10:00am Pool Studio 2 Studio 1 Spin Studio Spin Studio Studio 2 **RIDE Rhythm RIDE Rush RIDE Rhythm DANCE FloatFit BALANCE** 09:30am 10:20am 09:30am 10:15am 11:00am Spin Studio Spin Studio Spin Studio Studio 1 Pool BLAST **STRENGTH AQUA** RIDE Race reps 09:30am 10:30am 10:15am 10:20am Studio 1 Studio 1 Spin Studio Pool Les Mills **RIDE Race PURE STEP BODY STRETCH** BALANCE 10:20am 11:15am 11:15am Studio 2 Studio 1 Spin Studio Studio 1

Les Mills

BODY GOMBAT

Studio 1

CORE

11:30am

Studio 2

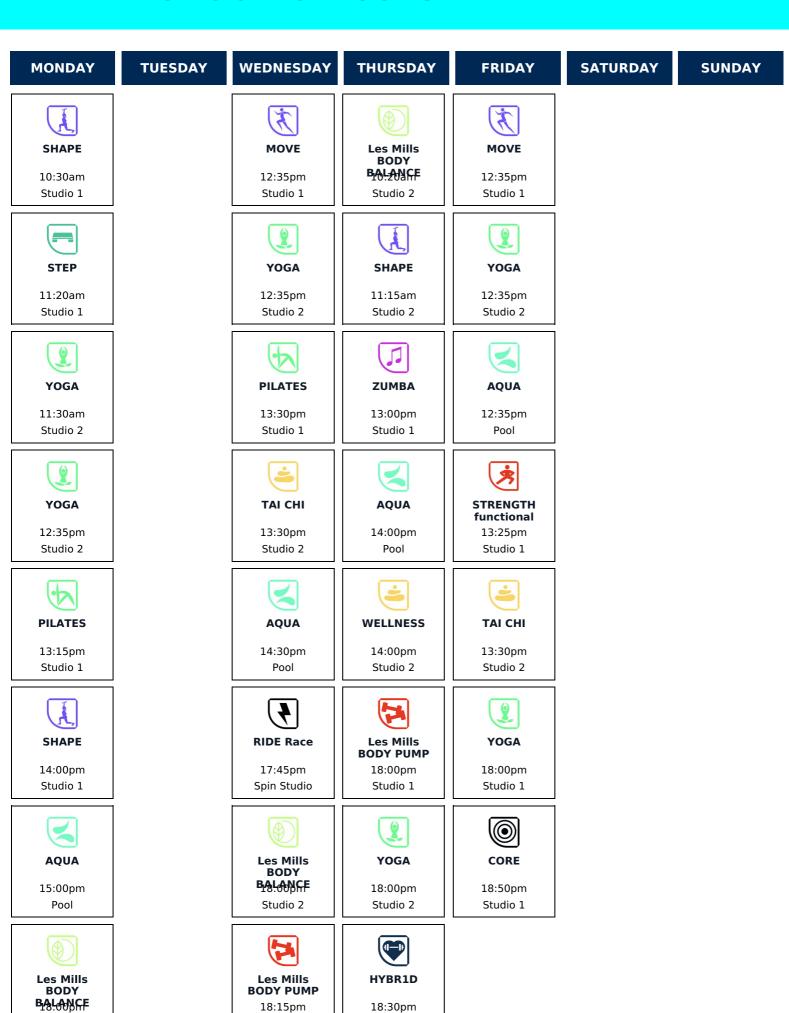
PILATES

11:15am

Studio 2

RIDE Rhythm 10:20am

Spin Studio



Gym Floor

Studio 1

Studio 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



YOGA

18:50pm Studio 2



FloatFit HIIT

18:30pm Pool



RIDE Race

19:00pm Spin Studio



FloatFit BALANCE

> 19:00pm Pool



CORE

19:05pm Studio 1



MOVE

08:30am Studio 1



YOGA

09:00am Studio 2



HIIT Circuits

09:30am Studio 1



RIDE Rhythm

09:30am Spin Studio



AQUA

10:00am Pool

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills BODY BALANCE

Studio 2



RIDE Rush

10:20am Spin Studio



STRENGTH reps

10:30am Studio 1



STEP

11:15am Studio 1



PILATES

11:15am Studio 2



MOVE

12:35pm Studio 1



YOGA

12:35pm Studio 2



PILATES

13:30pm Studio 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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

18:15pm Studio 1



FloatFit HIIT

18:30pm Pool



FloatFit BALANCE

19:00pm Pool



CORE

19:05pm Studio 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 28/04/2025 to 02/05/2025.