GROUP CLASSES TIMETABLE

MONDAY

06:45am

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Race

Spin Studio



FITNESS PILATES

08:30am Studio 2



08:30am Studio 1



YOGA

08:30am Studio 2



YOGA

08:30am Studio 2



Les Mills **BODY PUMP**

09:00am Studio 1



Les Mills **BODY** BALANCE

Studio 1



MOVE

08:30am Studio 1



HIIT Circuits

08:45am Studio 1



YOGA

09:00am Studio 2



BLAST

08:45am Studio 1



PILATES

09:20am Studio 2



RIDE Rhythm

09:15am Spin Studio



RIDE Race

09:00am Spin Studio



YOGA

08:30am Studio 2



FITNESS PILATES

09:20am Studio 2



HIIT Circuits

09:30am 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

09:20am Studio 2



RIDE Rhythm

09:30am Spin Studio



RIDE Rhythm

09:30am Spin Studio



Les Mills **BODY PUMP**

09:30am Studio 1



RIDE Rhythm

09:30am Spin Studio



RIDE Rhythm

10:05am Spin Studio



YOGA

10:00am Studio 2



AQUA

09:30am Pool



BOX

09:30am Studio 1



AQUA

10:00am Pool



RIDE Rhythm

09:30am Spin Studio



DANCE

10:15am Studio 1



FloatFit BALANCE

11:00am Pool



RIDE Rhythm

09:30am Spin Studio

BLAST

09:30am

Studio 1



AQUA

10:15am Pool



Les Mills **BODY**

BALANCE Studio 2

AQUA 10:15am Pool

RIDE Race

10:20am Spin Studio



STRENGTH

10:20am Gym Floor



RIDE Rush

10:20am Spin Studio



RIDE Race

10:20am Spin Studio



PURE STRETCH

11:15am Studio 1



Les Mills **BODY** BALANCE Studio 2



RIDE Race

10:20am Spin Studio



STRENGTH reps

10:30am Studio 1



Les Mills **BODY GOMBAT** Studio 1



CORE

11:30am Studio 2

GROUP CLASSES TIMETABLE

SUNDAY

WEDNESDAY THURSDAY SATURDAY MONDAY TUESDAY FRIDAY RIDE Rhythm Les Mills **STEP** Les Mills **MOVE BODY BODY** BALANCE BALANCE 10:20am 11:15am 12:35pm Studio 2 Spin Studio Studio 1 Studio 2 Studio 1 **PURE** YOGA **SHAPE** Les Mills **PILATES BODY PUMP STRETCH** 10:30am 10:30am 11:15am 11:15am 12:35pm Studio 1 Studio 1 Studio 2 Studio 1 Studio 2 **MINDFULNESS MOVE SHAPE AQUA** MEDITATION 11:05am 12:35pm 11:15am 12:35pm Gym Floor Studio 2 Studio 1 Studio 2 Pool SHAPE **STEP YOGA ZUMBA PILATES** 11:20am 11:20am 12:35pm 13:00pm 13:25pm Studio 1 Studio 1 Studio 2 Studio 1 Studio 1 **YOGA ZUMBA PILATES AQUA** TAI CHI 11:30am 12:35pm 13:30pm 14:00pm 13:30pm Studio 2 Studio 1 Studio 1 Pool Studio 2 **YOGA YOGA** TAI CHI **WELLNESS STRENGTH** functional 12:35pm 13:30pm 14:00pm 14:15pm 12:35pm Studio 2 Studio 2 Studio 2 Studio 2 Studio 1 **PILATES AQUA YOGA YOGA PILATES** 13:15pm 13:30pm 14:30pm 18:00pm 18:00pm Studio 1 Studio 1 Pool Studio 2 Studio 1 ((()

SHAPE

14:00pm

Studio 1

PURE

STRETCH

14:20pm

Studio 1

RIDE Race

17:45pm

Spin Studio

STRENGTH

18:00pm

Studio 1

CORE

18:50pm

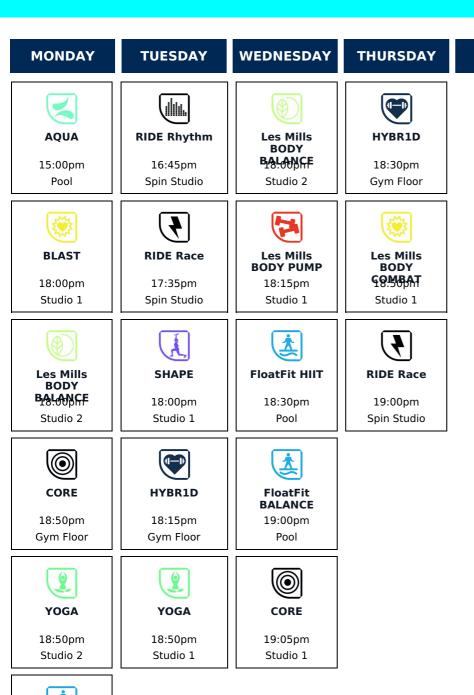
Studio 1

GROUP CLASSES TIMETABLE

SATURDAY

FRIDAY

SUNDAY



FloatFit HIIT

19:00pm Pool

Valid from 09/06/2025 to 13/06/2025.