
































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>RIDE Race</p> <p>06:45am Spin Studio</p>	 <p>FITNESS PILATES</p> <p>08:30am Studio 2</p>	 <p>RIDE Rush</p> <p>06:45am Spin Studio</p>	 <p>YOGA</p> <p>08:30am Studio 2</p>	 <p>YOGA</p> <p>08:30am Studio 2</p>	 <p>Body Pump</p> <p>09:00am Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>09:00am Studio 1</p>
 <p>YOGA</p> <p>08:30am Studio 2</p>	 <p>FITNESS PILATES</p> <p>09:20am Studio 2</p>	 <p>YOGA</p> <p>09:00am Studio 2</p>	 <p>PILATES</p> <p>09:25am Studio 2</p>	 <p>RIDE Rhythm</p> <p>09:15am Spin Studio</p>	 <p>RIDE Race</p> <p>09:15am Spin Studio</p>	 <p>RIDE Race</p> <p>09:00am Spin Studio</p>
 <p>MOVE</p> <p>08:30am Studio 1</p>	 <p>RIDE Race</p> <p>09:30am Spin Studio</p>	 <p>HIIT Circuits</p> <p>09:25am Studio 1</p>	 <p>Body Pump</p> <p>09:30am Studio 1</p>	 <p>PILATES</p> <p>09:20am Studio 2</p>	 <p>BLAST</p> <p>10:00am Studio 1</p>	 <p>YOGA</p> <p>10:00am Studio 2</p>
 <p>PILATES</p> <p>09:20am Studio 2</p>	 <p>BLAST</p> <p>09:30am Studio 1</p>	 <p>RIDE Rhythm</p> <p>09:30am Spin Studio</p>	 <p>RIDE Rhythm</p> <p>09:30am Spin Studio</p>	 <p>Body Pump</p> <p>09:25am Studio 1</p>	 <p>RIDE Rhythm</p> <p>10:05am Spin Studio</p>	 <p>Body Pump</p> <p>10:00am Studio 1</p>
 <p>AQUA</p> <p>09:30am Pool</p>	 <p>AQUA</p> <p>10:15am Pool</p>	 <p>AQUA</p> <p>10:00am Pool</p>	 <p>AQUA</p> <p>10:15am Pool</p>	 <p>RIDE Race</p> <p>10:15am Spin Studio</p>		
 <p>BLAST</p> <p>09:30am Studio 1</p>	 <p>RIDE Rhythm</p> <p>10:20am Spin Studio</p>	 <p>Les Mills BODY BALANCE</p> <p>10:15am Studio 2</p>	 <p>Les Mills BODY BALANCE</p> <p>10:20am Studio 2</p>	 <p>HIIT</p> <p>11:00am Gym Floor</p>		
 <p>RIDE Rhythm</p> <p>09:30am Spin Studio</p>	 <p>STRENGTH</p> <p>10:30am Gym Floor</p>	 <p>BOX</p> <p>10:20am Studio 1</p>	 <p>BOX</p> <p>10:20am Studio 1</p>	 <p>PURE STRETCH</p> <p>11:15am Studio 1</p>		
 <p>RIDE Rush</p> <p>10:20am Spin Studio</p>	 <p>Body Pump</p> <p>10:30am Studio 1</p>	 <p>RIDE Race</p> <p>10:20am Spin Studio</p>	 <p>RIDE Rush</p> <p>10:25am Spin Studio</p>	 <p>Yin Yoga</p> <p>12:35pm Studio 2</p>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills BODY BALANCE 10:20am Studio 2</p>	 <p>HIIT 11:15am Gym Floor</p>	 <p>PILATES 11:15am Studio 2</p>	 <p>PURE STRETCH 11:15am Studio 1</p>	 <p>MOVE 12:35pm Studio 1</p>		
 <p>SHAPE 10:30am Studio 1</p>	 <p>SHAPE 11:20am Studio 2</p>	 <p>STEP 11:20am Studio 1</p>	 <p>SHAPE 11:15am Studio 2</p>	 <p>TAI CHI 13:30pm Studio 2</p>		
 <p>HIIT 11:05am Gym Floor</p>	 <p>ZUMBA 12:35pm Studio 1</p>	 <p>MOVE 12:35pm Studio 1</p>	 <p>ZUMBA 13:00pm Studio 1</p>	 <p>PILATES 13:30pm Studio 1</p>		
 <p>STEP 11:20am Studio 1</p>	 <p>PILATES 13:30pm Studio 1</p>	 <p>WELCOME TO GROUP EXERCISE 15:30pm Gym Floor</p>	 <p>FITNESS PILATES 13:50pm Studio 1</p>	 <p>AQUA 14:30pm Pool</p>		
 <p>YOGA 11:30am Studio 2</p>	 <p>PURE STRETCH 14:20pm Studio 1</p>	 <p>PILATES 13:30pm Studio 1</p>	 <p>AQUA 14:00pm Pool</p>	 <p>YOGA 18:50pm Studio 1</p>		
 <p>YOGA 12:35pm Studio 2</p>	 <p>RIDE Rhythm 16:45pm Spin Studio</p>	 <p>AQUA 14:30pm Pool</p>	 <p>RIDE Race 17:00pm Spin Studio</p>			
 <p>PILATES 13:15pm Studio 1</p>	 <p>RIDE Race 17:35pm Spin Studio</p>	 <p>RIDE Race 17:45pm Spin Studio</p>	 <p>YOGA 18:00pm Studio 2</p>			
 <p>SHAPE 14:00pm Studio 1</p>	 <p>SHAPE 18:00pm Studio 1</p>	 <p>Les Mills BODY BALANCE 18:00pm Studio 2</p>	 <p>Body Pump 18:00pm Studio 1</p>			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 AQUA 15:00pm Pool	 YOGA 18:50pm Studio 1	 Body Pump 18:15pm Studio 1				
 Les Mills BODY BALANCE 18:00pm Studio 2		 RIDE Race 18:35pm Spin Studio				
 Body Combat 18:00pm Studio 1		 YOGA 18:50pm Studio 2				
 SHAPE 18:55pm Studio 1		 CORE 19:05pm Studio 1				
 YOGA 18:55pm Studio 2						

Valid from 22/04/2024 to 26/04/2024.