







GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 YOGA 13:00pm Studio 1	 RIDE Rhythm 09:30am Group Cycle	 PILATES 08:00am Studio 1	 RIDE Rhythm 09:15am Group Cycle	 Les Mills BODY PUMP 06:45am Studio 1	 RIDE Rhythm 09:00am Group Cycle	 Les Mills BODY COMBAT 09:00am Studio 1
 Les Mills BODY PUMP 18:15pm Studio 1	 GOLF CIRCUITS 10:00am Studio 1	 Les Mills BODY COMBAT 09:15am Studio 1	 Les Mills BODY BALANCE 10:15am Studio 1	 YOGA 09:15am Studio 1	 Les Mills BODY PUMP 09:15am Studio 1	 Les Mills BODY PUMP 09:45am Studio 1
 RIDE Rhythm 19:00pm Group Cycle	 PILATES 11:30am Studio 1	 Les Mills BODY PUMP 10:00am Studio 1	 SHAPE 11:00am Studio 1	 SHAPE 10:15am Studio 1	 DANCE 10:15am Studio 1	 STRETCH 10:30am Studio 1
 ZUMBA 19:15pm Studio 1	 AQUA 12:30pm Pool	 RIDE Rhythm 10:15am Group Cycle	 AQUA 12:00pm Pool	 YOGALATES 11:15am Studio 1	 YOGALATES 11:00am Studio 1	
 PILATES 20:00pm Studio 1	 Les Mills BODY COMBAT 18:00pm Studio 1	 GOLF CIRCUITS 11:00am Studio 1	 Les Mills BODY COMBAT 18:00pm Studio 1	 AQUA 12:30pm Pool		
 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 18:15pm Group Cycle	 PILATES 13:15pm Studio 1	 ZUMBA 19:00pm Studio 1	 RIDE Rhythm 18:15pm Group Cycle		
 Les Mills BODY BALANCE 10:15am Studio 1	 AQUA 19:00pm Pool	 RIDE Rhythm 18:15pm Group Cycle	 PILATES 19:45pm Studio 1			
 YOGA 13:00pm Studio 1	 YOGA 19:00pm Studio 1	 Les Mills BODY PUMP 19:00pm Studio 1				

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<div><p>Les Mills BODY PUMP 18:15pm Studio 1</p></div>		<div><p>YOGA 19:45pm Studio 1</p></div>				
<div><p>RIDE Rhythm 19:00pm Group Cycle</p></div>						
<div><p>ZUMBA 19:15pm Studio 1</p></div>						
<div><p>PILATES 20:00pm Studio 1</p></div>						

Valid from 20/05/2024 to 24/05/2024.