## **GROUP CLASSES TIMETABLE**

# MONDA

## 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 69.M&AT

Studio 1



Les Mills BODY PUMP

18:15pm Studio 1



GOLF

10:00am Studio 1



Les Mills BODY 69MBAT

Studio 1



Les Mills BODY BALANCE

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 98.WBAT Studio 1



## GOLF

11:00am Studio 1



### Les Mills BODY

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

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

## **GROUP CLASSES TIMETABLE**

**THURSDAY** 

**FRIDAY** 

**SATURDAY** 

**SUNDAY** 

Les Mills BODY PUMP

18:15pm

Studio 1

**MONDAY** 

YOGA 19:45pm Studio 1

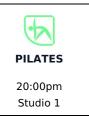
WEDNESDAY

**TUESDAY** 

RIDE Rhythm
19:00pm

**Group Cycle** 





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