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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HATHA YOGA 12:45pm Studio 2	 HATHA YOGA 08:30am Studio 2	 RIDE Rush 07:00am Group Cycle	 RIDE Race 08:30am Group Cycle	 Vinyasa Yoga 08:30am Studio 2	 Les Mills BODY COMBAT 08:30am Studio 1	 RIDE Rhythm 08:30am Group Cycle
 CORE 17:30pm Gym Floor	 Les Mills BODY COMBAT 09:30am Studio 1	 PILATES 08:00am Studio 2	 STRENGTH 09:30am Studio 1	 RIDE Rhythm 09:30am Group Cycle	 RIDE Race 09:30am Group Cycle	 Les Mills BODY PUMP 09:30am Studio 1
 Les Mills DANCE 17:30pm Studio 1	 RIDE Rhythm 09:30am Group Cycle	 Les Mills BODY PUMP 08:30am Studio 1	 PILATES 10:30am Studio 2	 PILATES 10:20am Studio 2	 ZUMBA 09:30am Studio 1	 Conditioning Circuits 10:30am Studio 1
 PILATES 18:25pm Studio 2	 Les Mills BODY BALANCE 10:30am Studio 2	 HIIT 09:30am Studio 1	 YIN YOGA 11:30am Studio 2	 CORE 10:30am Gym Floor	 Les Mills BODY BALANCE 10:30am Studio 2	
 Les Mills BODY PUMP 18:30pm Studio 1	 AQUA 12:45pm Poolside	 RIDE Rhythm 09:30am Group Cycle	 AQUA 12:45pm Poolside	 Les Mills DANCE 10:30am Studio 1		
 RIDE Rhythm 19:15pm Group Cycle	 CORE 18:30pm Gym Floor	 GIVE TENNIS A GO 10:00am Court 4	 RIDE Rush 18:20pm Group Cycle	 PILATES 11:15am Studio 2		
 SHAPE 09:30am Studio 1	 RIDE Race 18:30pm Group Cycle	 HATHA YOGA 10:20am Studio 2	 CORE 18:25pm Gym Floor	 PILATES 12:45pm Studio 2		
 RIDE Race 09:30am Group Cycle	 AQUA 18:30pm Poolside	 HYDRO PILATES 12:45pm Poolside	 Les Mills BODY BALANCE 19:00pm Studio 2	 YOGA 18:30pm Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div><p>PILATES</p><p>10:30am Studio 2</p></div>	<div><p>Les Mills BODY PUMP</p><p>19:25pm Studio 1</p></div>	<div><p>Vinyasa Yoga</p><p>18:20pm Studio 2</p></div>	<div><p>Les Mills BODY COMBAT</p><p>19:00pm Studio 1</p></div>			
<div><p>Les Mills BODY PUMP</p><p>10:30am Studio 1</p></div>		<div><p>Les Mills BODY PUMP</p><p>18:30pm Studio 1</p></div>				
<div><p>HATHA YOGA</p><p>12:45pm Studio 2</p></div>		<div><p>HIIT Cardio</p><p>19:20pm Studio 1</p></div>				
<div><p>CORE</p><p>17:30pm Gym Floor</p></div>						
<div><p>Les Mills DANCE</p><p>17:30pm Studio 1</p></div>						
<div><p>PILATES</p><p>18:25pm Studio 2</p></div>						
<div><p>Les Mills BODY PUMP</p><p>18:30pm Studio 1</p></div>						
<div><p>RIDE Rhythm</p><p>19:15pm Group Cycle</p></div>						

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Valid from 13/05/2024 to 17/05/2024.