








































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 CORE 09:00am Studio 2	 HATHA YOGA 08:30am Studio 2	 HYDRO PILATES 12:45pm Poolside	 YOGA 09:20am Studio 2	 VINYASA YOGA 08:30am Studio 2	 Les Mills BODY COMBAT 08:30am Studio 1	 RIDE Rhythm 08:30am Group Cycle
 SHAPE 09:30am Studio 1	 Les Mills BODY COMBAT 09:30am Studio 1	 VINYASA YOGA 18:20pm Studio 2	 STRENGTH power 09:30am Studio 1	 RIDE Rhythm 09:30am Group Cycle	 RIDE Rush 09:30am Group Cycle	 Les Mills BODY PUMP 09:30am Studio 1
 RIDE Rhythm 09:30am Group Cycle	 RIDE Rhythm 09:30am Group Cycle	 Les Mills BODY PUMP 18:30pm Studio 1	 PILATES 10:30am Studio 2	 STRENGTH functional 09:30am Studio 1	 CLUBERCISE 09:30am Studio 1	
 Les Mills BODY PUMP 10:30am Studio 1	 Les Mills BODY BALANCE 10:30am Studio 2	 Les Mills BODY COMBAT 19:20pm Studio 1	 AQUA 12:45pm Poolside	 PILATES 10:20am Studio 2	 Les Mills BODY BALANCE 10:30am Studio 2	
 PILATES 10:30am Studio 2	 STRENGTH power 10:30am Studio 1	 PILATES 08:00am Studio 2	 HYBR1D 18:00pm Gym Floor	 DANCE 10:25am Studio 1		
 HATHA YOGA 12:45pm Studio 2	 AQUA 12:45pm Poolside	 STRENGTH functional 09:30am Studio 1	 RIDE Rush 18:20pm Group Cycle	 CORE 10:30am Gym Floor		
	 PILATES 17:30pm Studio 2	 GIVE TENNIS A GO 10:00am Court 4	 Les Mills BODY COMBAT 19:00pm Studio 1	 PILATES 11:15am Studio 2		
	 HYBR1D 18:00pm Gym Floor	 HATHA YOGA 10:20am Studio 2	 Les Mills BODY BALANCE 19:00pm Studio 2	 PILATES 12:45pm Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div><p>RIDE Rush 18:30pm Group Cycle</p></div>	<div><p>MINDFULNESS & MEDITATION 11:25am Studio 2</p></div>		<div><p>YOGA 18:30pm Studio 2</p></div>		
	<div><p>Les Mills BODY PUMP 19:10pm Studio 1</p></div>	<div><p>HYDRO PILATES 12:45pm Poolside</p></div>				
		<div><p>VINYASA YOGA 18:20pm Studio 2</p></div>				
		<div><p>Les Mills BODY PUMP 18:30pm Studio 1</p></div>				
		<div><p>Les Mills BODY COMBAT 19:20pm Studio 1</p></div>				

Valid from 18/08/2025 to 22/08/2025.