







































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 CORE 09:00am Studio 2	 HATHA YOGA 08:30am Studio 2	 PILATES 08:00am Studio 2	 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	 CORE 09:00am Studio 1	 STRENGTH power 09:30am Studio 1	 RIDE Rhythm 09:30am Group Cycle	 RIDE Rush 09:30am Group Cycle	 STRENGTH reps 09:30am Studio 1
 RIDE Rhythm 09:30am Group Cycle	 RIDE Rhythm 09:30am Group Cycle	 STRENGTH functional 09:30am Studio 1	 PILATES 10:30am Studio 2	 STRENGTH functional 09:30am Studio 1	 CLUBERCISE 09:30am Studio 1	 YOGA 10:20am Studio 2
 Les Mills BODY PUMP 10:30am Studio 1	 Les Mills BODY BALANCE 10:30am Studio 2	 RIDE Rhythm 09:30am Group Cycle	 AQUA 12:45pm Poolside	 PILATES 10:20am Studio 2	 Les Mills BODY BALANCE 10:30am Studio 2	 MINDFULNESS & MEDITATION 11:25am Studio 2
 PILATES 10:30am Studio 2	 STRENGTH power 10:30am Studio 1	 GIVE TENNIS A GO 10:00am Court 4	 HYBRID 18:00pm Gym Floor	 DANCE 10:25am Studio 1		
 HATHA YOGA 12:45pm Studio 2	 AQUA 12:45pm Poolside	 HATHA YOGA 10:20am Studio 2	 RIDE Rush 18:20pm Group Cycle	 CORE 10:30am Gym Floor		
 STRENGTH reps 14:00pm Studio 1	 PILATES 17:30pm Studio 2	 MINDFULNESS & MEDITATION 11:25am Studio 2	 Les Mills BODY BALANCE 19:00pm Studio 2	 PILATES 11:15am Studio 2		
 ZUMBA 17:30pm Studio 1	 HYBRID 18:00pm Gym Floor	 HYDRO PILATES 12:45pm Poolside	 Les Mills BODY COMBAT 19:00pm Studio 1	 PILATES 12:45pm Studio 2		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> PILATES 17:30pm Studio 2</div>	<div> RIDE Rush 18:30pm Group Cycle</div>	<div> DANCE 17:30pm Studio 1</div>		<div> YOGA 18:30pm Studio 2</div>		
<div> Les Mills BODY PUMP 18:25pm Studio 1</div>	<div> STRENGTH power 19:05pm Studio 1</div>	<div> VINYASA YOGA 18:20pm Studio 2</div>				
<div> PILATES 18:25pm Studio 2</div>		<div> Les Mills BODY PUMP 18:30pm Studio 1</div>				
<div> RIDE Rush 19:15pm Group Cycle</div>		<div> Les Mills BODY COMBAT 19:20pm Studio 1</div>				

Valid from 08/12/2025 to 12/12/2025.