GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



COR

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 69.MBAT

Studio 1



RIDE Rhythm

08:30am Group Cycle



SHAPE

09:30am Studio 1



Les Mills BODY 69MBAT

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

Studio 2



Les Mills BODY

9.25 Studio 1



AQUA

12:45pm Poolside



PILATES

10:20am Studio 2



Les Mills BODY

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 GOMBAT

Studio 1



PILATES

11:15am Studio 2



HYBR1D

18:00pm Gym Floor



HATHA YOGA

10:20am Studio 2



Les Mills BODY BALANCE

Studio 2



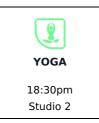
PILATES

12:45pm Studio 2

GROUP CLASSES TIMETABLE

THURSDAY

MONDAY TUESDAY WEDNESDAY ٥ **MINDFULNESS RIDE Rush** MEDITATION 18:30pm **Group Cycle** Studio 2 Les Mills **BODY PUMP PILATES** 19:10pm 12:45pm Studio 1 Poolside **VINYASA YOGA** 18:20pm Studio 2 Les Mills BODY PUMP 18:30pm Studio 1 Les Mills BODY **99.28**



FRIDAY

SATURDAY

SUNDAY

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

Studio 1