GROUP CLASSES TIMETABLE

MONDAY

CORE

09:00am Studio 2



TUESDAY

PILATES

17:45pm Studio 2



WEDNESDAY

RIDE Rhythm & Core

07:00am Group Cycle



THURSDAY

YOGA

09:20am Studio 2



FRIDAY

VINYASA YOGA

08:30am Studio 2



SATURDAY

Les Mills BODY

68.46AT Studio 1



SUNDAY

RIDE Rhythm

08:30am Group Cycle



SHAPE

09:30am Studio 1



HYBR1D

18:00pm Gym Floor



PILATES

08:00am Studio 2



STRENGTH power

09:30am Studio 1



RIDE Rhythm

09:30am Group Cycle



RIDE Race

09:30am Group Cycle



Les Mills BODY PUMP

09:30am Studio 1



RIDE Race

09:30am Group Cycle



RIDE Rush

18:30pm Group Cycle



RIDE Rhythm

09:30am Group Cycle



PILATES

10:30am Studio 2



PILATES

10:20am Studio 2



CLUBERCISE

09:30am Studio 1



Les Mills BODY PUMP

10:30am Studio 1



Les Mills BODY PUMP

19:10pm Studio 1



STRENGTH functional

09:30am Studio 1



Les Mills

BODY GOMBAT Studio 1



DANCE

10:25am Studio 1



Les Mills BODY

BODY BALANCE

Studio 2



PILATES

10:30am Studio 2



HATHA YOGA

08:30am Studio 2



GIVE TENNIS A GO

10:00am Court 4



AQUA

12:45pm Poolside



CORE

10:30am Gym Floor



HATHA YOGA

12:45pm Studio 2



Les Mills BODY 69.MBAT

Studio 1



HATHA YOGA

10:20am Studio 2



HYBR1D

18:00pm Gym Floor



STRENGTH

functional 11:15am Studio 1



RIDE Rhythm

09:30am Group Cycle



MINDFULNESS

& MEDITATION
Studio 2



RIDE Rush

18:20pm Group Cycle



PILATES

11:15am Studio 2



Les Mills BODY BALANCE

Studio 2



HYDRO PILATES 12:45pm

Poolside



Les Mills BODY BALANCE

Studio 2



PILATES

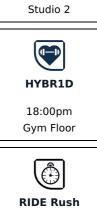
12:45pm Studio 2

GROUP CLASSES TIMETABLE

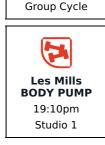
MONDAY TUESDAY WEDNESDAY THURSDAY SATURDAY SUNDAY FRIDAY STRENGTH VINYASA Les Mills **YOGA BODY YOGA** power **99.MBAT** 18:20pm 10:30am 18:30pm Studio 1 Studio 2 Studio 1 Studio 2 **AQUA** Les Mills



BODY PUMP 18:30pm



12:45pm



18:30pm

Valid from 28/04/2025 to 02/05/2025.