GROUP CLASSES TIMETABLE

MONDAY

<u>(0</u>

09:00am Studio 2

TUESDAY

HATHA YOGA

08:30am Studio 2



WEDNESDAY

PILATES

08:00am Studio 2



THURSDAY

YOGA

09:20am Studio 2



FRIDAY

VINYASA **YOGA**

08:30am Studio 2



SATURDAY

Les Mills **BODY**

68MBAT

Studio 1



SUNDAY

RIDE Rhythm

08:30am **Group Cycle**



SHAPE

09:30am Studio 1



Les Mills **BODY 69MBAT**

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 Studio 2



RIDE Rhythm

09:30am **Group Cycle**



AQUA

12:45pm Poolside



PILATES

10:20am Studio 2



Les Mills **BODY**

BALANCE Studio 2



MINDFULNESS MEDITATION

Studio 2



PILATES

10:30am Studio 2



STRENGTH

power 10:30am Studio 1

AQUA

12:45pm

Poolside



GIVE TENNIS A GO

10:00am Court 4

HATHA YOGA

10:20am

Studio 2



HYBR1D

18:00pm Gym Floor

RIDE Rush

18:20pm

Group Cycle



DANCE

10:25am Studio 1



CORE

10:30am



Gym Floor



HATHA YOGA

12:45pm

Studio 2

STRENGTH reps

14:00pm Studio 1

Studio 1



17:30pm



MINDFULNESS MEDITATION

Studio 2



Les Mills **BODY** BALANCE

Studio 2



PILATES

11:15am Studio 2



PILATES

12:45pm Studio 2



PILATES

Studio 2













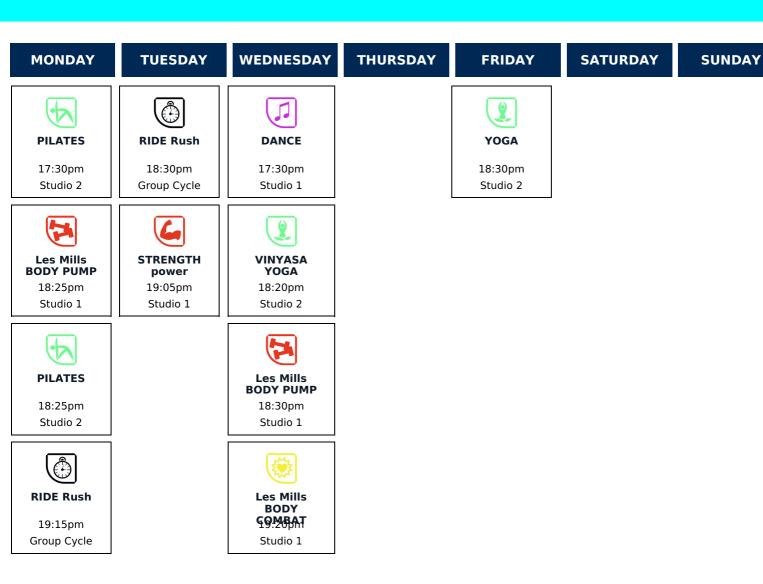


Gym Floor





GROUP CLASSES TIMETABLE



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