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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 RIDE Race 06:45am Studio 3	 RIDE Rush 07:00am Studio 3	 YOGA 07:00am Studio 2	 OUTDOOR 06:15am Outside	 AQUA 09:30am Poolside	 Les Mills BODY PUMP 08:00am Studio 1	 Les Mills BODY COMBAT 08:40am Studio 1
 HYBR1D 08:00am Gym Floor	 Les Mills BODY PUMP 08:15am Studio 1	 HYBR1D 08:00am Gym Floor	 RIDE Race 07:00am Studio 3	 Les Mills BODY ATTACK 09:30am Studio 1	 BOX 08:45am Studio 1	 RIDE Race 08:45am Studio 3
 RIDE Race 08:45am Studio 3	 Les Mills BODY BALANCE 09:15am Studio 2	 RIDE Rhythm 08:45am Studio 3	 STRENGTH reps 08:15am Studio 1	 PILATES 09:30am Studio 2	 PILATES 08:45am Studio 2	 Les Mills BODY BALANCE 09:30am Studio 2
 CORE 09:00am Studio 1	 STEP 09:15am Studio 1	 HIIT Strength 09:00am Studio 1	 CORE 09:00am Studio 1	 RIDE Rhythm 09:30am Studio 3	 RIDE Rhythm 09:00am Studio 3	 HIIT Strength 09:30am Studio 1
 FITNESS PILATES 09:30am Studio 2	 RIDE Rhythm 09:15am Studio 3	 RIDE Rush 09:30am Studio 3	 STRENGTH 09:30am Studio 1	 AQUA 10:15am Poolside	 Les Mills BODY COMBAT 09:30am Studio 1	 YOGA 10:15am Studio 2
 Les Mills BODY COMBAT 09:30am Studio 1	 AQUA 09:30am Poolside	 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY BALANCE 09:30am Studio 2	 Les Mills BODY PUMP 10:30am Studio 1	 RIDE Race 09:30am Studio 3	 Les Mills BODY PUMP 10:20am Studio 1
 RIDE Rhythm 09:30am Studio 3	 PILATES 10:00am Studio 2	 AQUA 09:30am Poolside	 RIDE Rhythm 09:30am Studio 3	 VINYASA YOGA 10:30am Studio 2	 VINYASA YOGA 09:30am Studio 2	 POWER YOGA 11:15am Studio 1
 AQUA 10:00am Poolside	 STRENGTH functional 10:10am Studio 1	 YOGA 09:30am Studio 2	 FITNESS PILATES 10:15am Studio 1	 RIDE Rush 11:00am Studio 3	 Les Mills BODY PUMP 10:30am Studio 1	













GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY BALANCE 10:15am Studio 2	 AQUA 10:20am Poolside	 DANCE 10:30am Studio 1	 HATHA YOGA 10:15am Studio 2	 STRENGTH 11:30am Studio 1	 Les Mills BODY BALANCE 10:30am Studio 2	
 Les Mills BODY PUMP 10:30am Studio 1	 PILATES 11:00am Studio 2	 Les Mills BODY BALANCE 10:30am Studio 2	 RIDE Rhythm 11:00am Studio 3	 HATHA YOGA 11:30am Studio 2	 HATHA YOGA 11:30am Studio 2	
 RIDE Rush 11:00am Studio 3	 MENOFIT 11:00am Studio 1	 SHAPE 11:15am Studio 1	 DANCE 11:15am Studio 1	 DANCE 12:00pm Studio 1		
 YOGA 11:00am Studio 2	 ZUMBA 12:00pm Studio 1	 YOGA 11:20am Studio 2	 VINYASA YOGA 11:15am Studio 2	 PILATES 13:00pm Studio 1		
 STRENGTH 11:30am Studio 1	 MINDFULNESS & MEDITATION 12:00pm Studio 2	 STRETCH 12:00pm Studio 1	 FloatFit HIIT 12:30pm Poolside	 RIDE Rhythm 13:00pm Studio 3		
 ZUMBA GOLD 12:00pm Studio 1	 FITNESS PILATES 12:45pm Studio 1	 TAI CHI 12:30pm Studio 2	 PARACISE 12:35pm Studio 1	 POWER YOGA 18:00pm Studio 1		
 PILATES 12:00pm Studio 2	 HATHA YOGA 13:00pm Studio 2	 Les Mills BODY PUMP 12:35pm Studio 1	 FloatFit BALANCE 13:05pm Poolside	 RIDE Race 06:45am Studio 3		
 AQUA 12:30pm Poolside	 AQUA 13:15pm Poolside	 AQUA 13:00pm Poolside	 RESTORATIVE YOGA 14:00pm Studio 2	 YOGA 07:00am Studio 2		



GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 STRENGTH functional 12:45pm Studio 1	 PARACISE 13:35pm Studio 1	 CORE 17:30pm Studio 1	 PILATES 17:30pm Studio 2	 Les Mills BODY PUMP 07:45am Studio 1		
 YOGA 13:00pm Studio 2	 RESTORATIVE YOGA 14:00pm Studio 2	 Les Mills BODY COMBAT 18:00pm Studio 1	 CORE 17:45pm Studio 1	 Les Mills BODY BALANCE 08:45am Studio 1		
 GOLF PILATES 13:30pm Studio 1	 HIIT Strength 17:45pm Studio 1	 Les Mills BODY BALANCE 18:00pm Studio 2	 RIDE Rhythm 17:45pm Studio 3	 RIDE Rhythm 08:45am Studio 3		
 Les Mills BODY BALANCE 17:30pm Studio 2	 STRETCH 17:45pm Studio 2	 RIDE Rhythm 18:30pm Studio 3	 STRENGTH 18:15pm Studio 2	 STRETCH 09:00am Studio 2		
 FloatFit HIIT 18:15pm Poolside	 DANCE 18:15pm Studio 1	 STRENGTH functional 19:00pm Studio 1	 Les Mills BODY COMBAT 18:15pm Studio 1	 AQUA 09:30am Poolside		
 Les Mills BODY COMBAT 18:15pm Studio 1	 POWER YOGA 18:15pm Studio 2		 Les Mills BODY PUMP 19:00pm Studio 1	 Les Mills BODY ATTACK 09:30am Studio 1		
 RIDE Rhythm 18:15pm Studio 3	 RIDE Rhythm 18:30pm Studio 3		 YOGA 19:00pm Studio 2	 PILATES 09:30am Studio 2		
 HATHA YOGA 18:15pm Studio 2	 Les Mills BODY PUMP 19:15pm Studio 1			 RIDE Rhythm 09:30am Studio 3		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> FloatFit BALANCE 18:50pm Poolside</div>	<div> PILATES 19:15pm Studio 2</div>			<div> AQUA 10:15am Poolside</div>		
<div> STRENGTH 19:00pm Studio 1</div>				<div> Les Mills BODY PUMP 10:30am Studio 1</div>		
<div> RESTORATIVE YOGA 19:15pm Studio 2</div>				<div> VINYASA YOGA 10:30am Studio 2</div>		
				<div> RIDE Rush 11:00am Studio 3</div>		
				<div> STRENGTH 11:30am Studio 1</div>		
				<div> HATHA YOGA 11:30am Studio 2</div>		
				<div> DANCE 12:00pm Studio 1</div>		
				<div> PILATES 13:00pm Studio 1</div>		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<div><p>RIDE Rhythm</p><p>13:00pm Studio 3</p></div>		
				<div><p>POWER YOGA</p><p>18:00pm Studio 1</p></div>		

Valid from 01/12/2025 to 05/12/2025.