MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RIDE Race

06:45am Studio 3

RIDE Rush

07:00am Studio 3



YOGA

07:00am Studio 2



RIDE Race

07:00am Studio 3



POWER YOGA

18:00pm Studio 1



BOX

08:45am Studio 1



RIDE Race

08:45am Studio 3



RIDE Race

08:45am Studio 3



Les Mills **BODY PUMP**

> 08:15am Studio 1



HYBR1D

08:00am Gym Floor



STRENGTH reps

08:15am Studio 1



RIDE Race

06:45am Studio 3



RIDE Rhythm

09:00am Studio 3



HIIT Strength

09:30am Studio 1

Les Mills

BODY



CORE

09:00am Studio 1



Les Mills **BODY** BALANCE

Studio 2



RIDE Rhythm

08:45am Studio 3



CORE

09:00am Studio 1



YOGA

07:00am Studio 2



BODY 69.MBAT Studio 1

BALANCE Studio 2



PILATES

09:30am Studio 2



STEP

09:15am Studio 1



Strength

09:00am Studio 1



STRENGTH

09:30am Studio 1



Les Mills **BODY PUMP**

07:45am Studio 1



RIDE Race

09:30am Studio 3



YOGA

10:15am Studio 2



Les Mills **BODY** 69MBAT

Studio 1



RIDE Rhythm

09:15am Studio 3



Les Mills **BODY PUMP**

09:30am Studio 1



Les Mills **BODY** BALANCE

Studio 2



RIDE Rhythm

08:45am Studio 3



VINYASA YOGA

09:30am Studio 2



Les Mills **BODY PUMP**

10:20am Studio 1



RIDE Rhythm

09:30am Studio 3



AQUA

09:30am Poolside



RIDE Rhythm

09:30am Studio 3



RIDE Rhythm

09:30am Studio 3



Les Mills **BODY BALANCE**

Studio 1



Les Mills **BODY PUMP** 10:30am

Studio 1

POWER YOGA 11:15am

Studio 1



AQUA

10:00am Poolside



PILATES

10:00am Studio 2



AQUA

09:30am Poolside



FITNESS PILATES 10:15am

Studio 1

STRETCH

09:00am

Studio 2



Les Mills **BODY** BALANCE

Studio 2

HATHA YOGA

11:30am Studio 2



Les Mills **BODY** BALANCE

Studio 2



HIIT Strength

10:10am Studio 1



YOGA

09:30am Studio 2



HATHA YOGA PILATES

10:15am Studio 2 Studio 2



09:30am

SUNDAY

SATURDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY Les Mills **DANCE RIDE Rush RIDE Rhythm AQUA BODY PUMP** 10:30am 10:20am 10:30am 11:00am 09:30am Studio 1 Poolside Studio 1 Studio 3 Studio 3 Les Mills Les Mills **RIDE Rush PILATES DANCE BODY BODY** BALANCE AJ:30SK 11:00am 11:00am 11:15am Studio 3 Studio 1 Studio 2 Studio 1 Studio 1 **YOGA SHAPE SHAPE VINYASA AQUA FLOW YOGA** 11:00am 11:00am 11:15am 11:15am 09:30am Studio 2 Studio 2 Studio 2 Studio 1 Poolside **RIDE Rhythm** FloatFit HIIT **STRENGTH AQUA YOGA** 11:30am 12:00pm 11:20am 12:30pm 10:15am Studio 1 Studio 3 Studio 2 Poolside Poolside **PILATES MINDFULNESS STRETCH PARACISE** Les Mills **BODY PUMP** MEDITATION 12:00pm 12:00pm 12:35pm 10:30am Studio 2 Studio 2 Studio 1 Studio 1 Studio 1 **ZUMBA GOLD ZUMBA TAI CHI FloatFit VINYASA BALANCE YOGA** 12:00pm 12:30pm 10:30am 12:00pm 13:05pm Studio 1 Studio 1 Studio 2 Poolside Studio 2 **RESTORATIVE** Les Mills **STRENGTH FITNESS RIDE Rush** functional **PILATES BODY PUMP YOGA** 12:45pm 12:45pm 12:35pm 14:00pm 11:00am Studio 1 Studio 1 Studio 1 Studio 2 Studio 3







HATHA YOGA

13:00pm Studio 2



13:00pm Poolside



17:30pm Studio 2



STRENGTH 11:30am

Studio 1

SATURDAY

SUNDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY (GOLF PARACISE CORE SHAPE HATHA YOGA 13:30pm 13:35pm 17:30pm 17:45pm 11:30am Studio 2 Studio 1 Studio 1 Studio 1 Studio 1 Les Mills **RESTORATIVE** Les Mills Les Mills **DANCE BODY YOGA BODY BODY** BALANCE BALANCE **GOMBAT** 14:00pm 12:00pm Studio 2 Studio 2 Studio 1 Studio 1 Studio 1 FloatFit HIIT **RIDE Rhythm RIDE Rhythm HIIT Strength KETTLECISE** 18:15pm 17:45pm 18:30pm 18:15pm 13:00pm Poolside Studio 3 Studio 2 Studio 3 Studio 1 Les Mills Les Mills **STRETCH FITNESS PILATES BODY BODY PUMP PILATES GOMBAT** 17:45pm 19:00pm 19:00pm 13:00pm Studio 1 Studio 2 Studio 2 Studio 1 Studio 2 **RIDE Rhythm DANCE STRENGTH YOGA POWER** power **YOGA** 18:15pm 18:15pm 19:00pm 19:00pm 18:00pm Studio 3 Studio 1 Studio 1 Studio 2 Studio 1 **HATHA YOGA POWER YOGA HYBR1D** 18:15pm 19:30pm 18:15pm Studio 2 Studio 2 Gym Floor



18:50pm Poolside



19:00pm Studio 1



RIDE Rhythm

18:30pm

Studio 3

Les Mills **BODY PUMP** 19:15pm

Studio 1

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

RESTORATIVE YOGA 19:15pm Studio 2



Valid from 21/04/2025 to 25/04/2025.