
















































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Group Cycle 06:45am Studio 3	 Group Cycle 07:00am Studio 3	 Group Cycle 06:45am Studio 3	 Group Cycle 08:45am Studio 3	 Group Cycle 06:45am Studio 3	 Boxercise 08:45am Studio 1	 Body Pump 09:30am Studio 1
 Group Cycle 08:45am Studio 3	 Body Attack 09:15am Studio 1	 Kettlecise 09:00am Studio 2	 Core Conditioning 09:00am Studio 1	 Group Cycle 08:45am Studio 3	 Kettlecise 08:45am Studio 2	 Les Mills Body Balance 09:30am Studio 2
 Core Conditioning 09:00am Studio 1	 Les Mills Body Balance 09:15am Studio 2	 Body Pump 09:30am Studio 1	 Legs, Bums and Tums 09:30am Studio 1	 HIIT Shape 09:00am Studio 1	 Group Cycle 09:00am Studio 3	 Group Cycle 09:30am Studio 3
 HIIT 09:00am Studio 2	 Group Cycle 09:15am Studio 3	 Group Cycle 09:30am Studio 3	 Les Mills Body Balance 09:30am Studio 2	 Pilates 09:30am Studio 2	 Body Combat 09:35am Studio 1	 Body Conditioning 10:20am Studio 1
 Body Combat 09:30am Studio 1	 Aqua 10:00am Poolside	 Aqua 09:30am Poolside	 Group Cycle 09:35am Studio 3	 Aqua 09:30am Poolside	 Group Cycle 09:35am Studio 3	 Yoga 10:20am Studio 2
 Group Cycle 09:30am Studio 3	 Body Conditioning 10:05am Studio 1	 Yoga Hatha 09:30am Studio 2	 Run Club 09:35am Outside	 Body Attack 09:30am Studio 1	 Yoga Hatha 09:35am Studio 2	 Group Cycle 10:30am Studio 3
 Aqua 09:30am Poolside	 Ball Pilates 10:05am Studio 2	 Club Dance 10:20am Studio 1	 Fitness Pilates 10:20am Studio 1	 Group Cycle 09:35am Studio 3	 Body Pump 10:30am Studio 1	 Golf Yoga 11:20am Studio 2
 Legs, Bums and Tums 09:30am Studio 2	 Zumba 11:00am Studio 1	 Fitness Yoga 10:30am Studio 2	 New to Yoga 10:20am Studio 2	 Aqua 10:20am Poolside	 Les Mills Body Balance 10:35am Studio 2	 Yoga Vinyasa 11:20am Studio 1

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Les Mills Body Balance 10:20am Studio 2</p>	 <p>Pilates 11:00am Studio 2</p>	 <p>Body Conditioning 11:10am Studio 1</p>	 <p>Zumba Gold 11:15am Studio 1</p>	 <p>Body Pump 10:30am Studio 1</p>	 <p>Yoga Hatha 11:30am Studio 2</p>	
 <p>Aqua 10:20am Poolside</p>	 <p>Fitness Pilates 12:00pm Studio 1</p>	 <p>Les Mills Body Balance 11:30am Studio 2</p>	 <p>Fitness Yoga 11:20am Studio 2</p>	 <p>Yoga Vinyasa 10:30am Studio 2</p>		
 <p>Body Pump 10:30am Studio 1</p>	 <p>Mindfulness & Meditation 12:00pm Studio 2</p>	 <p>Stretch and Relax 12:00pm Studio 1</p>	 <p>Paracise 12:30pm Studio 2</p>	 <p>Strictly Dance 11:30am Studio 1</p>		
 <p>Yoga 11:10am Studio 2</p>	 <p>Group Cycle 13:00pm Studio 3</p>	 <p>Body Pump 12:30pm Studio 1</p>	 <p>Golf Yoga 13:30pm Studio 2</p>	 <p>Yoga Hatha 11:30am Studio 2</p>		
 <p>Mindfulness & Meditation 11:30am Studio 1</p>	 <p>Aqua 13:00pm Poolside</p>	 <p>Pure Flow 12:30pm Studio 2</p>	 <p>Group Cycle 17:45pm Studio 3</p>	 <p>Group Cycle 13:00pm Studio 3</p>		
 <p>Pilates 12:10pm Studio 2</p>	 <p>New to Yoga 13:00pm Studio 2</p>	 <p>Aqua 13:00pm Poolside</p>	 <p>Body Combat 18:15pm Studio 1</p>	 <p>Pilates 13:00pm Studio 2</p>		
 <p>Zumba Gold 12:30pm Studio 1</p>	 <p>Paracise 13:30pm Studio 1</p>	 <p>Body Attack 18:15pm Studio 1</p>	 <p>Kettlecise 18:15pm Studio 2</p>	 <p>Yoga 18:00pm Studio 2</p>		
 <p>Yoga 13:00pm Studio 2</p>	 <p>Yoga Restorative 14:00pm Studio 2</p>	 <p>Les Mills Body Balance 18:15pm Studio 2</p>	 <p>Yoga 19:05pm Studio 2</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Golf Pilates</p> <p>13:20pm Studio 1</p>	 <p>Club Dance</p> <p>18:15pm Studio 1</p>	 <p>Group Cycle</p> <p>18:30pm Studio 3</p>	 <p>Body Pump</p> <p>19:10pm Studio 1</p>			
 <p>Body Conditioning</p> <p>18:10pm Studio 1</p>	 <p>Yoga Hatha</p> <p>18:15pm Studio 2</p>	 <p>Body Pump</p> <p>19:05pm Studio 1</p>				
 <p>Group Cycle</p> <p>18:10pm Studio 3</p>	 <p>Group Cycle</p> <p>18:30pm Studio 3</p>					
 <p>Yoga</p> <p>18:15pm Studio 2</p>	 <p>Body Pump</p> <p>19:15pm Studio 1</p>					
 <p>HIIT Circuits</p> <p>19:00pm Studio 1</p>						
 <p>Group Cycle</p> <p>19:00pm Studio 3</p>						
 <p>Yoga</p> <p>19:15pm Studio 2</p>						
 <p>Body Pump</p> <p>19:50pm Studio 1</p>						

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 24/01/2022 to 28/01/2022.