


































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>HIIT Circuits</p> <p>07:00am Gym Floor</p>	 <p>SHAPE</p> <p>17:30pm Studio 1</p>	 <p>HIIT Circuits</p> <p>07:00am Gym Floor</p>	 <p>PILATES</p> <p>08:15am Nightingale</p>	 <p>HIIT Circuits</p> <p>07:00am Gym Floor</p>	 <p>YOGA</p> <p>08:00am Nightingale</p>	 <p>YOGA</p> <p>09:00am Nightingale</p>
 <p>VINYASA YOGA</p> <p>08:15am Nightingale</p>	 <p>RIDE Rhythm</p> <p>18:15pm Spin</p>	 <p>Les Mills BODY BALANCE</p> <p>08:00am Studio 1</p>	 <p>HIIT Circuits</p> <p>09:00am Gym Floor</p>	 <p>AQUA</p> <p>08:30am Pool</p>	 <p>Les Mills BODY ATTACK</p> <p>08:20am Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>09:30am Studio 1</p>
 <p>HIIT Circuits</p> <p>08:45am Gym Floor</p>	 <p>Les Mills BODY PUMP</p> <p>18:15pm Studio 1</p>	 <p>YOGA</p> <p>08:15am Nightingale</p>	 <p>PILATES</p> <p>09:15am Nightingale</p>	 <p>HIIT</p> <p>08:35am Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>09:15am Studio 1</p>	 <p>RIDE Rhythm</p> <p>10:30am Spin</p>
 <p>PILATES</p> <p>09:30am Nightingale</p>	 <p>FITNESS PILATES</p> <p>18:15pm Nightingale</p>	 <p>PILATES</p> <p>09:30am Nightingale</p>	 <p>Les Mills BODY ATTACK</p> <p>09:15am Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>09:30am Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>09:15am Nightingale</p>	 <p>Les Mills BODY COMBAT</p> <p>10:50am Studio 1</p>
 <p>Les Mills BODY PUMP</p> <p>09:30am Studio 1</p>	 <p>HYBR1D</p> <p>19:00pm Gym Floor</p>	 <p>Les Mills BODY PUMP</p> <p>09:30am Studio 1</p>	 <p>RIDE Race</p> <p>09:30am Spin</p>	 <p>RIDE Rhythm</p> <p>09:30am Spin</p>	 <p>HYBR1D</p> <p>10:15am Gym Floor</p>	 <p>Les Mills BODY BALANCE</p> <p>10:50am Nightingale</p>
 <p>RIDE Race</p> <p>09:30am Spin</p>	 <p>PILATES</p> <p>19:05pm Nightingale</p>	 <p>STEP</p> <p>10:30am Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>10:15am Studio 1</p>	 <p>PILATES</p> <p>09:30am Nightingale</p>	 <p>RIDE Rhythm</p> <p>10:15am Spin</p>	 <p>AQUA</p> <p>11:15am Pool</p>
 <p>PILATES</p> <p>10:30am Nightingale</p>	 <p>Les Mills DANCE</p> <p>19:10pm Studio 1</p>	 <p>HATHA YOGA</p> <p>10:30am Nightingale</p>	 <p>GOLF PILATES</p> <p>10:35am Nightingale</p>	 <p>PILATES</p> <p>10:30am Nightingale</p>	 <p>FITNESS PILATES</p> <p>10:15am Studio 1</p>	 <p>TABLE TENNIS</p> <p>14:00pm Gym Floor</p>
 <p>SHAPE</p> <p>10:30am Studio 1</p>	 <p>Les Mills BODY BALANCE</p> <p>20:00pm Nightingale</p>	 <p>RIDE Rhythm</p> <p>10:45am Spin</p>	 <p>SHAPE</p> <p>11:10am Studio 1</p>	 <p>Les Mills BODY PUMP</p> <p>10:30am Studio 1</p>	 <p>TABLE TENNIS</p> <p>14:00pm Nightingale</p>	 <p>TABLE TENNIS</p> <p>14:30pm Nightingale</p>

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HATHA YOGA 11:25am Nightingale	 VINYASA YOGA 08:15am Nightingale	 CORE 11:35am Studio 1	 HATHA YOGA 11:25am Nightingale	 CORE 11:30am Studio 1	 TABLE TENNIS 14:30pm Nightingale	 TABLE TENNIS 15:00pm Nightingale
 DANCE 11:30am Studio 1	 HIIT 08:30am Studio 1	 PILATES 11:35am Nightingale	 PILATES 12:00pm Studio 1	 HATHA YOGA 12:00pm Nightingale	 TABLE TENNIS 15:00pm Nightingale	 TABLE TENNIS 15:30pm Nightingale
 AQUA 12:00pm Pool	 AQUA 09:00am Pool	 PILATES 12:25pm Nightingale	 STRETCH 12:55pm Nightingale	 HIIT Circuits 12:30pm Gym Floor	 HATHA YOGA 15:00pm Studio 1	 YOGA & MEDITATION 17:30pm Nightingale
 LINE DANCING 12:30pm Nightingale	 YOGA 09:15am Nightingale	 HIIT Circuits 12:30pm Gym Floor	 STRENGTH power 13:00pm Studio 1	 YIN YOGA 12:30pm Studio 1	 TABLE TENNIS 15:30pm Nightingale	
 Les Mills BODY PUMP 12:30pm Studio 1	 RIDE Rhythm 09:30am Spin	 AQUA 12:30pm Pool	 DANCE 13:45pm Nightingale	 TABLE TENNIS 14:00pm Gym Floor		
 AQUA 13:00pm Pool	 PILATES 09:30am Studio 1	 TAI CHI 13:20pm Nightingale	 TABLE TENNIS 15:00pm Nightingale	 TABLE TENNIS 14:30pm Gym Floor		
 PILATES 13:30pm Studio 1	 AQUA 10:00am Pool	 WELLNESS 14:30pm Nightingale	 TABLE TENNIS 15:30pm Nightingale	 TABLE TENNIS 15:00pm Gym Floor		
 YOGA & MEDITATION 14:30pm Studio 1	 ZUMBA 10:30am Nightingale	 ZUMBA 16:00pm Studio 1	 CORE 17:30pm Studio 1	 TABLE TENNIS 15:30pm Nightingale		

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HATHA YOGA 17:00pm Nightingale	 STRENGTH reps 10:30am Studio 1	 YOGA 17:00pm Nightingale	 RIDE Rhythm 18:00pm Spin	 YOGA 17:00pm Nightingale		
 Les Mills BODY COMBAT 17:20pm Studio 1	 SHAPE 11:30am Studio 1	 Les Mills BODY COMBAT 17:30pm Studio 1	 Les Mills BODY PUMP 18:15pm Studio 1	 RIDE Rush 18:00pm Spin		
 Les Mills BODY PUMP 18:15pm Studio 1	 STRETCH 11:30am Nightingale	 RIDE Rhythm 18:15pm Spin	 HYBRID 19:00pm Gym Floor	 Les Mills BODY PUMP 18:15pm Studio 1		
 PILATES 18:15pm Nightingale	 DANCE 12:30pm Studio 1	 ZUMBA 18:15pm Nightingale	 ZUMBA 19:15pm Studio 1			
 RIDE Rhythm 18:15pm Spin	 WELLNESS 12:30pm Nightingale	 Les Mills BODY PUMP 18:20pm Studio 1	 VINYASA YOGA 19:20pm Nightingale			
 Les Mills BODY BALANCE 19:15pm Nightingale	 PILATES 13:30pm Studio 1	 FITNESS PILATES 19:15pm Studio 1				
 ZUMBA 19:15pm Studio 1	 TABLE TENNIS 14:00pm Nightingale	 VINYASA YOGA 19:15pm Nightingale				
	 TABLE TENNIS 14:30pm Nightingale					

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**TABLE
TENNIS**

15:00pm
Nightingale



**TABLE
TENNIS**

15:30pm
Nightingale



SHAPE

17:30pm
Studio 1



RIDE Rhythm

18:15pm
Spin



**Les Mills
BODY PUMP**

18:15pm
Studio 1



**FITNESS
PILATES**

18:15pm
Nightingale



HYBRID

19:00pm
Gym Floor



PILATES

19:05pm
Nightingale

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**Les Mills
DANCE**
19:10pm
Studio 1



**Les Mills
BODY
BALANCE**
20:00pm
Nightingale

Valid from 31/03/2025 to 04/04/2025.