


















































































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 VINYASA YOGA 08:15am Nightingale	 SHAPE 17:30pm Studio 1	 Les Mills BODY BALANCE 08:00am Studio 1	 PILATES 08:15am Studio 1	 AQUA 08:30am Pool	 YOGA 08:00am Nightingale	 YOGA 09:00am Nightingale
 HIIT 08:45am Gym Floor	 FITNESS PILATES 18:15pm Nightingale	 YOGA 08:15am Nightingale	 PILATES 09:15am Nightingale	 HIIT 08:35am Studio 1	 Les Mills BODY ATTACK 08:20am Studio 1	 Les Mills BODY PUMP 09:30am Studio 1
 RIDE Rhythm 09:30am Spin	 Les Mills BODY PUMP 18:15pm Studio 1	 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY ATTACK 09:15am Studio 1	 Les Mills BODY BALANCE 09:30am Studio 1	 Les Mills BODY BALANCE 09:15am Nightingale	 Les Mills BODY COMBAT 10:30am Studio 1
 PILATES 09:30am Nightingale	 RIDE Rhythm 18:15pm Spin	 PILATES 09:30am Nightingale	 RIDE Race 09:30am Spin	 RIDE Rhythm 09:30am Spin	 Les Mills BODY PUMP 09:15am Studio 1	 Les Mills BODY BALANCE 10:30am Nightingale
 Les Mills BODY PUMP 09:30am Studio 1	 HYBR1D 19:00pm Gym Floor	 STEP 10:30am Studio 1	 Les Mills BODY PUMP 10:15am Studio 1	 PILATES 09:30am Nightingale	 RIDE Rhythm 10:15am Spin	 RIDE Rhythm 10:30am Spin
 PILATES 10:30am Nightingale	 PILATES 19:05pm Nightingale	 HATHA YOGA 10:30am Nightingale	 GOLF PILATES 10:35am Nightingale	 PILATES 10:30am Nightingale	 HYBR1D 10:15am Studio 1	 AQUA 11:15am Pool
 CORE 10:30am Studio 1	 Les Mills DANCE 19:10pm Studio 1	 RIDE Rhythm 10:45am Spin	 SHAPE 11:10am Studio 1	 Les Mills BODY PUMP 10:30am Studio 1	 TABLE TENNIS 13:00pm Nightingale	 TABLE TENNIS 13:00pm Nightingale
 HATHA YOGA 11:25am Nightingale	 Les Mills BODY BALANCE 20:00pm Nightingale	 PILATES 11:35am Nightingale	 HATHA YOGA 11:25am Nightingale	 CORE 11:30am Studio 1	 TABLE TENNIS 13:30pm Nightingale	 TABLE TENNIS 13:30pm Nightingale

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>BOX 11:30am Studio 1</p>	 <p>VINYASA YOGA 08:15am Nightingale</p>	 <p>CORE 11:35am Studio 1</p>	 <p>AQUA 12:00pm Pool</p>	 <p>HATHA YOGA 12:00pm Nightingale</p>	 <p>TABLE TENNIS 14:00pm Nightingale</p>	 <p>TABLE TENNIS 14:00pm Nightingale</p>
 <p>AQUA 12:00pm Pool</p>	 <p>HIIT 08:30am Studio 1</p>	 <p>PILATES 12:25pm Nightingale</p>	 <p>PILATES 12:00pm Studio 1</p>	 <p>YIN YOGA 12:30pm Studio 1</p>	 <p>TABLE TENNIS 14:30pm Nightingale</p>	 <p>TABLE TENNIS 14:30pm Nightingale</p>
 <p>LINE DANCING 12:30pm Nightingale</p>	 <p>AQUA 09:00am Pool</p>	 <p>AQUA 12:30pm Pool</p>	 <p>STRETCH 12:55pm Nightingale</p>	 <p>TABLE TENNIS 14:00pm Nightingale</p>	 <p>TABLE TENNIS 15:00pm Nightingale</p>	 <p>TABLE TENNIS 15:00pm Nightingale</p>
 <p>Les Mills BODY PUMP 12:30pm Studio 1</p>	 <p>YOGA 09:15am Nightingale</p>	 <p>TAI CHI 13:20pm Nightingale</p>	 <p>AQUA 13:00pm Pool</p>	 <p>TABLE TENNIS 14:30pm Nightingale</p>	 <p>HATHA YOGA 15:00pm Studio 1</p>	 <p>TABLE TENNIS 15:30pm Nightingale</p>
 <p>AQUA 13:00pm Pool</p>	 <p>RIDE Rhythm 09:30am Spin</p>	 <p>WELLNESS 14:30pm Nightingale</p>	 <p>DANCE 13:45pm Nightingale</p>	 <p>TABLE TENNIS 15:00pm Nightingale</p>	 <p>TABLE TENNIS 15:30pm Nightingale</p>	 <p>YOGA & MEDITATION 17:30pm Nightingale</p>
 <p>PILATES 13:30pm Studio 1</p>	 <p>BLAST 09:30am Studio 1</p>	 <p>ZUMBA 16:00pm Studio 1</p>	 <p>TABLE TENNIS 15:00pm Nightingale</p>	 <p>TABLE TENNIS 15:30pm Nightingale</p>		
 <p>YOGA & MEDITATION 14:30pm Nightingale</p>	 <p>AQUA 10:00am Pool</p>	 <p>VINYASA YOGA 17:00pm Nightingale</p>	 <p>TABLE TENNIS 15:30pm Nightingale</p>	 <p>YOGA 17:00pm Nightingale</p>		
 <p>YOGA 17:00pm Nightingale</p>	 <p>STRENGTH 10:30am Studio 1</p>	 <p>Les Mills BODY COMBAT 17:30pm Studio 1</p>	 <p>CORE 17:30pm Studio 1</p>	 <p>RIDE Rush 18:00pm Spin</p>		

GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**TABLE
TENNIS**

15:30pm
Nightingale



SHAPE

17:30pm
Studio 1



**FITNESS
PILATES**

18:15pm
Nightingale



**Les Mills
BODY PUMP**

18:15pm
Studio 1



RIDE Rhythm

18:15pm
Spin



HYBR1D

19:00pm
Gym Floor



PILATES

19:05pm
Nightingale



**Les Mills
DANCE**

19:10pm
Studio 1

GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Les Mills
**BODY
BALANCE**
20.00pm
Nightingale

Valid from 27/01/2025 to 31/01/2025.