







































































































# GROUP CLASSES TIMETABLE

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|---|--|---|--|---|--|--|
| <br><b>Group Cycle</b><br>07:00am<br>Spin                     | <br><b>Yoga</b><br>08:15am<br>Nightingale           | <br><b>HIIT</b><br>07:00am<br>Studio 1         | <br><b>Pilates</b><br>09:15am<br>Nightingale  | <br><b>HIIT</b><br>06:30am<br>Studio 1                        | <br><b>Yoga</b><br>08:00am<br>Nightingale       | <br><b>Yoga</b><br>09:00am<br>Nightingale                     |
| <br><b>HIIT</b><br>07:00am<br>Studio 1                        | <br><b>Aqua</b><br>09:00am<br>Pool                  | <br><b>Group Cycle</b><br>07:00am<br>Spin      | <br><b>Body Attack</b><br>09:20am<br>Studio 1 | <br><b>Group Cycle</b><br>07:00am<br>Spin                     | <br><b>Group Cycle</b><br>08:15am<br>Spin       | <br><b>Body Pump</b><br>09:30am<br>Studio 1                   |
| <br><b>Yoga</b><br>08:15am<br>Nightingale                     | <br><b>Body Combat</b><br>09:30am<br>Studio 1       | <br><b>Body Pump</b><br>09:30am<br>Studio 1    | <br><b>Group Cycle</b><br>10:00am<br>Spin     | <br><b>Aqua</b><br>09:00am<br>Pool                            | <br><b>Hula Hoop</b><br>09:00am<br>Nightingale  | <br><b>Group Cycle</b><br>10:00am<br>Spin                     |
| <br><b>Les Mills Body Balance</b><br>09:30am<br>Nightingale | <br><b>Aqua</b><br>10:00am<br>Pool                | <br><b>Group Cycle</b><br>10:15am<br>Spin    | <br><b>Body Pump</b><br>10:15am<br>Studio 1 | <br><b>Les Mills Body Balance</b><br>09:30am<br>Nightingale | <br><b>Body Pump</b><br>09:15am<br>Studio 1   | <br><b>Les Mills Body Balance</b><br>10:30am<br>Nightingale |
| <br><b>Body Attack</b><br>09:30am<br>Studio 1               | <br><b>Group Cycle</b><br>10:30am<br>Spin         | <br><b>Step</b><br>10:30am<br>Studio 1       | <br><b>Body Tone</b><br>11:10am<br>Studio 1 | <br><b>Pilates</b><br>10:30am<br>Nightingale                | <br><b>Body Combat</b><br>10:15am<br>Studio 1 | <br><b>Aqua</b><br>11:00am<br>Pool                          |
| <br><b>Group Cycle</b><br>09:30am<br>Spin                   | <br><b>Body Pump</b><br>10:30am<br>Studio 1       | <br><b>Yoga</b><br>10:30am<br>Nightingale    | <br><b>Yoga</b><br>11:30am<br>Nightingale   | <br><b>Body Pump</b><br>10:30am<br>Studio 1                 |  | <br><b>Golf Circuits</b><br>12:30pm<br>Studio 1             |
| <br><b>Body Conditioning</b><br>10:30am<br>Studio 1         | <br><b>Zumba</b><br>10:30am<br>Nightingale        | <br><b>Body Tone</b><br>11:30am<br>Studio 1  | <br><b>Aqua</b><br>12:00pm<br>Pool          | <br><b>Group Cycle</b><br>10:30am<br>Spin                   |  |  |
| <br><b>Pilates</b><br>10:30am<br>Nightingale                | <br><b>Golf Pilates</b><br>11:30am<br>Nightingale | <br><b>Pilates</b><br>11:35am<br>Nightingale | <br><b>Pilates</b><br>12:05pm<br>Studio 1   | <br><b>Yoga</b><br>11:30am<br>Nightingale                   |  |  |

# GROUP CLASSES TIMETABLE

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY | SUNDAY |
|--|---|---|---|---|----------|--------|
|  <p><b>Pilates</b></p> <p>11:30am<br/>Nightingale</p>                        |  <p><b>Body Tone</b></p> <p>11:30am<br/>Studio 1</p>           |  <p><b>Pilates</b></p> <p>12:25pm<br/>Nightingale</p>                        |  <p><b>Golf Stretch</b></p> <p>12:30pm<br/>Nightingale</p> |  <p><b>Core Conditioning</b></p> <p>11:30am<br/>Studio 1</p>      |          |        |
|  <p><b>Yoga</b></p> <p>11:30am<br/>Studio 1</p>                              |  <p><b>Barre</b></p> <p>12:30pm<br/>Studio 1</p>               |  <p><b>Aqua</b></p> <p>12:30pm<br/>Pool</p>                                  |  <p><b>Aqua</b></p> <p>13:00pm<br/>Pool</p>                |  <p><b>Les Mills Body Balance</b></p> <p>12:30pm<br/>Studio 1</p> |          |        |
|  <p><b>Aqua</b></p> <p>12:00pm<br/>Pool</p>                                  |  <p><b>Yoga</b></p> <p>12:30pm<br/>Nightingale</p>             |  <p><b>Body Pump</b></p> <p>13:00pm<br/>Studio 1</p>                         |  <p><b>Pilates</b></p> <p>17:30pm<br/>Nightingale</p>      |  <p><b>Yoga</b></p> <p>12:30pm<br/>Nightingale</p>                |          |        |
|  <p><b>Line Dancing</b></p> <p>12:30pm<br/>Nightingale</p>                 |  <p><b>Group Cycle</b></p> <p>17:30pm<br/>Spin</p>           |  <p><b>Tai Chi</b></p> <p>13:15pm<br/>Nightingale</p>                      |  <p><b>Group Cycle</b></p> <p>17:30pm<br/>Spin</p>       |  <p><b>Group Cycle</b></p> <p>18:00pm<br/>Spin</p>              |          |        |
|  <p><b>Body Pump</b></p> <p>12:45pm<br/>Studio 1</p>                       |  <p><b>Body Attack</b></p> <p>18:15pm<br/>Studio 1</p>       |  <p><b>Walk Club</b></p> <p>13:30pm<br/>Court 1</p>                        |  <p><b>Body Pump</b></p> <p>18:15pm<br/>Studio 1</p>     |  <p><b>Body Pump</b></p> <p>18:15pm<br/>Studio 1</p>            |          |        |
|  <p><b>Aqua</b></p> <p>13:00pm<br/>Pool</p>                                |  <p><b>Group Cycle</b></p> <p>18:15pm<br/>Spin</p>           |  <p><b>Mindfulness &amp; Meditation</b></p> <p>14:30pm<br/>Nightingale</p> |  <p><b>Group Cycle</b></p> <p>18:30pm<br/>Spin</p>       |   |          |        |
|  <p><b>Mindfulness &amp; Meditation</b></p> <p>13:30pm<br/>Nightingale</p> |  <p><b>Strictly Dance</b></p> <p>18:15pm<br/>Nightingale</p> |  <p><b>Yoga</b></p> <p>17:00pm<br/>Nightingale</p>                         |  <p><b>Zumba</b></p> <p>19:15pm<br/>Studio 1</p>         |   |          |        |
|  <p><b>Walk Club</b></p> <p>14:30pm<br/>Court 1</p>                        |  <p><b>Barre</b></p> <p>19:15pm<br/>Nightingale</p>          |  <p><b>Burlesque</b></p> <p>18:15pm<br/>Nightingale</p>                    |  <p><b>Yoga</b></p> <p>19:30pm<br/>Nightingale</p>       |   |          |        |

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|----------|--------|----------|--------|
|  <p><b>Yoga</b></p> <p>17:00pm<br/>Nightingale</p>                         |  <p><b>Les Mills<br/>Body Balance</b></p> <p>20:00pm<br/>Nightingale</p> |  <p><b>Group Cycle</b></p> <p>18:15pm<br/>Spin</p>      |          |        |          |        |
|  <p><b>Body Tone</b></p> <p>17:15pm<br/>Studio 1</p>                       |   |  <p><b>HIIT</b></p> <p>18:15pm<br/>Studio 1</p>         |          |        |          |        |
|  <p><b>Group Cycle</b></p> <p>18:00pm<br/>Spin</p>                         |   |  <p><b>Group Cycle</b></p> <p>19:05pm<br/>Spin</p>      |          |        |          |        |
|  <p><b>Pilates</b></p> <p>18:15pm<br/>Nightingale</p>                    |   |  <p><b>Body Pump</b></p> <p>19:15pm<br/>Studio 1</p>  |          |        |          |        |
|  <p><b>Body Pump</b></p> <p>18:15pm<br/>Studio 1</p>                     |   |  <p><b>Pilates</b></p> <p>19:15pm<br/>Nightingale</p> |          |        |          |        |
|  <p><b>Group Cycle</b></p> <p>19:00pm<br/>Spin</p>                       |   |  |          |        |          |        |
|  <p><b>Les Mills<br/>Body Balance</b></p> <p>19:15pm<br/>Nightingale</p> |   |  |          |        |          |        |
|  <p><b>Zumba</b></p> <p>19:15pm<br/>Studio 1</p>                         |   |  |          |        |          |        |

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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