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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 HIIT Circuits 07:00am Gym Floor	 VINYASA YOGA 08:15am Nightingale	 HIIT Circuits 07:00am Gym Floor	 PILATES 08:15am Nightingale	 HIIT Circuits 07:00am Gym Floor	 TABLE TENNIS 14:00pm Nightingale	 YOGA 09:00am Nightingale
 VINYASA YOGA 08:15am Nightingale	 HIIT 08:30am Studio 1	 YOGA 08:15am Nightingale	 Les Mills BODY BALANCE 08:30am Studio 1	 AQUA 08:30am Pool	 TABLE TENNIS 14:30pm Nightingale	 Les Mills BODY PUMP 09:30am Studio 1
 HIIT Circuits 09:15am Gym Floor	 AQUA 09:00am Pool	 Les Mills BODY BALANCE 08:30am Studio 1	 HIIT Circuits 09:00am Gym Floor	 HIIT 08:35am Studio 1	 TABLE TENNIS 15:00pm Nightingale	 RIDE Rhythm 09:30am Spin
 PILATES 09:30am Nightingale	 YOGA 09:15am Nightingale	 PILATES 09:30am Nightingale	 PILATES 09:15am Nightingale	 Les Mills BODY BALANCE 09:30am Studio 1	 HATHA YOGA 15:00pm Studio 1	 Les Mills BODY COMBAT 10:30am Studio 1
 Les Mills BODY PUMP 09:30am Studio 1	 RIDE Rhythm 09:30am Spin	 Les Mills BODY PUMP 09:30am Studio 1	 Les Mills BODY ATTACK 09:15am Studio 1	 RIDE Rhythm 09:30am Spin	 TABLE TENNIS 15:30pm Nightingale	 Les Mills BODY BALANCE 10:30am Nightingale
 RIDE Race 09:30am Spin	 PILATES 09:30am Studio 1	 STEP 10:30am Studio 1	 RIDE Race 09:30am Spin	 PILATES 09:30am Nightingale	 YOGA 08:00am Nightingale	 TABLE TENNIS 14:00pm Gym Floor
 PILATES 10:30am Nightingale	 AQUA 10:00am Pool	 HATHA YOGA 10:30am Nightingale	 Les Mills BODY PUMP 10:15am Studio 1	 PILATES 10:30am Nightingale	 Les Mills BODY ATTACK 08:20am Studio 1	 TABLE TENNIS 14:30pm Nightingale
 SHAPE 10:30am Studio 1	 ZUMBA 10:30am Nightingale	 RIDE Rhythm 10:45am Spin	 GOLF PILATES 10:35am Nightingale	 Les Mills BODY PUMP 10:30am Studio 1	 Les Mills BODY PUMP 09:15am Studio 1	 TABLE TENNIS 15:00pm Nightingale



GROUP CLASSES TIMETABLE

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

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Les Mills BODY COMBAT 17:20pm Studio 1	 TABLE TENNIS 15:00pm Nightingale	 YOGA 17:00pm Nightingale	 TABLE TENNIS 15:00pm Nightingale	 YOGA 17:00pm Nightingale		
 Les Mills BODY PUMP 18:15pm Studio 1	 TABLE TENNIS 15:30pm Nightingale	 Les Mills BODY COMBAT 17:30pm Studio 1	 TABLE TENNIS 15:30pm Nightingale	 RIDE Rush 18:00pm Spin		
 PILATES 18:15pm Nightingale	 SHAPE 17:30pm Studio 1	 ZUMBA 18:15pm Nightingale	 CORE 17:30pm Studio 1	 Les Mills BODY PUMP 18:15pm Studio 1		
 RIDE Rhythm 18:15pm Spin	 RIDE Rhythm 18:15pm Spin	 Les Mills BODY PUMP 18:25pm Studio 1	 RIDE Rhythm 18:00pm Spin			
 Les Mills BODY BALANCE 19:15pm Nightingale	 FITNESS PILATES 18:15pm Nightingale	 FITNESS PILATES 19:20pm Studio 1	 Les Mills BODY PUMP 18:15pm Studio 1			
 ZUMBA 19:15pm Studio 1	 Les Mills BODY PUMP 18:15pm Studio 1	 VINYASA YOGA 19:20pm Nightingale	 HYBR1D 19:00pm Gym Floor			
	 HYBR1D 19:00pm Gym Floor		 ZUMBA 19:15pm Studio 1			
	 Les Mills DANCE 19:10pm Studio 1		 VINYASA YOGA 19:20pm Nightingale			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div><p>CORE</p><p>19:10pm Nightingale</p></div>					
	<div><p>Les Mills BODY BALANCE</p><p>20:00pm Nightingale</p></div>					

Valid from 25/08/2025 to 29/08/2025.