MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HIIT Circuits

07:00am Gym Floor



SHAPE

17:30pm Studio 1



HIIT Circuits

07:00am Gym Floor



PILATES

08:15am Nightingale



HIIT Circuits

07:00am Gym Floor



YOGA

08:00am Nightingale



YOGA

09:00am Nightingale



VINYASA **YOGA**

08:15am Nightingale



RIDE Rhythm

18:15pm Spin



Les Mills **BODY** BALANCE

Studio 1



Les Mills **BODY**

BALANCE Studio 1



AQUA

08:30am Pool



Les Mills

BODY 08:20SK

Studio 1



Les Mills **BODY PUMP**

09:30am Studio 1



HIIT Circuits

08:45am Gym Floor



Les Mills **BODY PUMP**

18:15pm Studio 1



YOGA

08:15am Nightingale



HIIT Circuits

09:00am Gym Floor



08:35am Studio 1



Les Mills **BODY PUMP**

09:15am Studio 1



RIDE Rhythm

10:30am Spin



PILATES

09:30am Nightingale



FITNESS PILATES

18:15pm Nightingale



PILATES

09:30am Nightingale



PILATES

09:15am Nightingale



Les Mills **BODY**

BALANCE Studio 1



Les Mills **BODY** BALANCE

Nightingale



Les Mills **BODY GOMBAT**

Studio 1



Les Mills **BODY PUMP**

09:30am Studio 1



HYBR1D

19:00pm Gym Floor



Les Mills

BODY PUMP 09:30am Studio 1



Les Mills **BODY**

OJ:TASK Studio 1



RIDE Rhythm

09:30am Spin



HYBR1D

10:15am Gym Floor



Les Mills **BODY**

BALANCE Nightingale



RIDE Race

09:30am Spin



PILATES

19:05pm Nightingale



STEP

10:30am Studio 1



RIDE Race

09:30am Spin



PILATES

09:30am Nightingale



FITNESS PILATES

10:15am Studio 1



11:15am Pool



PILATES

10:30am Nightingale



Les Mills **DANCE**

19:10pm Studio 1



HATHA YOGA

10:30am Nightingale



Les Mills **BODY PUMP**

10:15am Studio 1



PILATES

10:30am Nightingale



TABLE TENNIS

14:00pm Nightingale







SHAPE

10:30am Studio 1



Les Mills **BODY**

BALANCE Nightingale



RIDE Rhythm

10:45am Spin



GOLF

PILATES 10:35am Nightingale



Les Mills **BODY PUMP** 10:30am

Studio 1



TABLE TENNIS

Nightingale





TABLE TENNIS 14:30pm

Nightingale

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

YOGA &

MEDITATION

14:30pm

Studio 1

ZUMBA

10:30am

Nightingale

ZUMBA

16:00pm

Studio 1

TABLE

TENNIS

15:30pm

Nightingale

TABLE

TENNIS

15:30pm

Nightingale

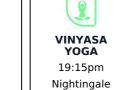
SUNDAY

SATURDAY

WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY (CORE **HATHA YOGA STRENGTH YOGA YOGA** reps 17:00pm 10:30am 17:00pm 17:30pm 17:00pm Nightingale Studio 1 Nightingale Studio 1 Nightingale ٩ Les Mills Les Mills **RIDE Rhythm SHAPE RIDE Rush BODY BODY GPMBAT GPMBAT** 11:30am 18:00pm 18:00pm Studio 1 Studio 1 Studio 1 Spin Spin Les Mills Les Mills **STRETCH RIDE Rhythm** Les Mills **BODY PUMP BODY PUMP BODY PUMP** 18:15pm 11:30am 18:15pm 18:15pm 18:15pm Studio 1 Studio 1 Studio 1 Nightingale Spin J **PILATES DANCE ZUMBA HYBR1D** 18:15pm 12:30pm 18:15pm 19:00pm Nightingale Studio 1 Nightingale Gym Floor **RIDE Rhythm WELLNESS** Les Mills **ZUMBA BODY PUMP** 18:15pm 12:30pm 18:20pm 19:15pm Spin Nightingale Studio 1 Studio 1 Les Mills **PILATES FITNESS VINYASA BODY PILATES YOGA** BALANCE 19:20pm 13:30pm 19:15pm Nightingale Studio 1 Studio 1 Nightingale









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



HYBR1D

19:00pm Gym Floor



PILATES

19:05pm Nightingale

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY





Valid from 28/04/2025 to 02/05/2025.