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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Vinyasa Yoga 08:15am Nightingale	 YOGA 08:15am Nightingale	 Les Mills Body Balance 08:00am Studio 1	 PILATES 08:15am Nightingale	 HIIT 08:35am Studio 1	 YOGA 08:00am Nightingale	 YOGA 09:00am Nightingale
 HIIT 08:45am Studio 1	 AQUA 09:00am Pool	 YOGA 08:15am Nightingale	 PILATES 09:15am Nightingale	 AQUA 09:00am Pool	 Les Mills Body Attack 08:15am Studio 1	 Body Pump 09:30am Studio 1
 Les Mills Body Balance 09:30am Nightingale	 YOGA 09:15am Nightingale	 PILATES 09:30am Nightingale	 Les Mills Body Attack 09:15am Studio 1	 Les Mills Body Balance 09:30am Studio 1	 Les Mills Body Balance 09:15am Nightingale	 RIDE Rhythm 10:00am Spin
 Body Pump 09:30am Studio 1	 BOX 09:30am Studio 1	 Body Pump 09:30am Studio 1	 RIDE Race 09:30am Spin	 RIDE Rhythm 09:30am Spin	 Body Pump 09:15am Studio 1	 Les Mills Body Balance 10:30am Nightingale
 RIDE Rhythm 09:30am Spin	 RIDE Rhythm 09:45am Spin	 STEP 10:30am Studio 1	 Body Pump 10:15am Studio 1	 PILATES 10:30am Nightingale	 RIDE Rhythm 10:15am Spin	 Body Combat 10:30am Studio 1
 CORE 10:30am Studio 1	 AQUA 10:00am Pool	 Hatha Yoga 10:30am Nightingale	 SHAPE 11:10am Studio 1	 Body Pump 10:30am Studio 1	 Boxercise 10:15am Studio 1	 AQUA 11:15am Pool
 PILATES 10:30am Nightingale	 STRENGTH 10:30am Studio 1	 RIDE Rhythm 10:45am Spin	 Hatha Yoga 11:30am Nightingale	 CORE 11:30am Studio 1	 TENNIS 12:00pm Nightingale	 TENNIS 13:00pm Nightingale
 Hatha Yoga 11:25am Nightingale	 ZUMBA 10:30am Nightingale	 CORE 11:35am Studio 1	 AQUA 12:00pm Pool	 Hatha Yoga 12:00pm Nightingale	 TENNIS 13:00pm Nightingale	 TENNIS 14:00pm Nightingale

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 PILATES 11:30am Studio 1	 SHAPE 11:30am Studio 1	 PILATES 11:35am Nightingale	 PILATES 12:00pm Studio 1	 Yin Yoga 12:30pm Studio 1	 TENNIS 14:00pm Nightingale	 TENNIS 15:00pm Nightingale
 AQUA 12:00pm Pool	 STRETCH 11:30am Nightingale	 PILATES 12:25pm Nightingale	 STRETCH 12:30pm Nightingale	 TENNIS 14:00pm Nightingale	 TENNIS 15:00pm Nightingale	 Yoga & Meditation 17:30pm Nightingale
 Line Dancing 12:30pm Nightingale	 Strictly Dance 12:30pm Studio 1	 Aqua Circuits 12:30pm Pool	 AQUA 13:00pm Pool	 TENNIS 15:00pm Nightingale		
 Body Pump 12:30pm Studio 1	 Hatha Yoga 12:30pm Nightingale	 TAI CHI 13:20pm Nightingale	 YOGA 13:00pm Studio 1	 HIIT Cycle 18:15pm Spin		
 AQUA 13:00pm Pool	 PILATES 13:30pm Studio 1	 WELLNESS 14:30pm Nightingale	 Tennis Court Booking 14:00pm Nightingale	 Body Pump 18:15pm Studio 1		
 WELLNESS 13:30pm Nightingale	 Tennis Court Booking 14:00pm Nightingale	 ZUMBA 16:00pm Studio 1	 Tennis Court Booking 15:00pm Nightingale			
 PILATES 13:30pm Studio 1	 Tennis Court Booking 14:30pm Court 1	 YOGA 17:00pm Nightingale	 PILATES 17:15pm Nightingale			
 YOGA 17:00pm Nightingale	 Tennis Court Booking 15:00pm Nightingale	 Body Combat 17:15pm Studio 1	 RIDE Rhythm 18:00pm Spin			

GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Body Combat 17:15pm Studio 1</p>	 <p>Tennis Court Booking 15:30pm Court 1</p>	 <p>RIDE Rush 18:15pm Spin</p>	 <p>Body Pump 18:15pm Studio 1</p>			
 <p>Body Pump 18:15pm Studio 1</p>	 <p>SHAPE 17:30pm Studio 1</p>	 <p>ZUMBA 18:15pm Nightingale</p>	 <p>ZUMBA 19:15pm Atrium</p>			
 <p>PILATES 18:15pm Nightingale</p>	 <p>Strictly Dance 18:15pm Nightingale</p>	 <p>Body Pump 18:30pm Studio 1</p>	 <p>Vinyasa Yoga 19:30pm Nightingale</p>			
 <p>RIDE Rhythm 18:15pm Spin</p>	 <p>RIDE Rush 18:15pm Spin</p>	 <p>Vinyasa Yoga 19:15pm Nightingale</p>				
 <p>Les Mills Body Balance 19:15pm Nightingale</p>	 <p>WELLNESS 19:15pm Nightingale</p>					
 <p>ZUMBA 19:15pm Studio 1</p>	 <p>Les Mills Sh'Bam 19:15pm Studio 1</p>					
	 <p>Les Mills Body Balance 20:10pm Nightingale</p>					

Valid from 04/12/2023 to 08/12/2023.