**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



Les Mills **BODY PUMP** 

18:15pm Studio 1



YOGA

08:00am Nightingale



YOGA

09:00am Nightingale



VINYASA **YOGA** 

08:15am Nightingale



08:30am Studio 1



**YOGA** 

08:15am Nightingale



Les Mills **BODY** BALANCE

Studio 1



**HIIT Circuits** 

07:00am Gym Floor



Les Mills **BODY** 08:20SK

Studio 1



Les Mills **BODY PUMP** 

09:30am Studio 1



**HIIT Circuits** 

09:15am Gym Floor



**AQUA** 

09:00am Pool



Les Mills **BODY** BALANCE

Studio 1



**HIIT Circuits** 

09:00am Gym Floor



**AQUA** 

08:30am Pool



Les Mills **BODY PUMP** 

09:15am Studio 1



Les Mills **BODY GOMBAT** 

Studio 1



**PILATES** 

09:30am Nightingale



**YOGA** 

09:15am Nightingale



**PILATES** 

09:30am Nightingale



**PILATES** 

09:15am Nightingale



08:35am Studio 1



Les Mills **BODY** BALANCE

Nightingale



Les Mills **BODY** BALANCE

Nightingale



Les Mills **BODY PUMP** 

> 09:30am Studio 1



**RIDE Rhythm** 

09:30am Spin



Les Mills **BODY PUMP** 

> 09:30am Studio 1



Les Mills **BODY** OJ:TASK

Studio 1



Les Mills **BODY** BALANCE

Studio 1



**HYBR1D** 

10:15am Gym Floor



**TABLE TENNIS** 

14:00pm Gym Floor



**RIDE Race** 

09:30am Spin



**PILATES** 

09:30am Studio 1



STEP

10:30am Studio 1



RIDE Race

09:30am Spin



**RIDE Rhythm** 

09:30am Spin



**FITNESS PILATES** 10:15am

Studio 1

**TABLE TENNIS** 14:30pm



**PILATES** 

10:30am Nightingale



**AQUA** 

10:00am Pool



**HATHA YOGA** 

10:30am Nightingale



Les Mills **BODY PUMP** 

10:15am Studio 1



**PILATES** 

09:30am Nightingale



**TABLE TENNIS** 14:00pm

Nightingale



Nightingale

**TABLE TENNIS** 15:00pm

Nightingale



**SHAPE** 

10:30am Studio 1



ZUMBA

10:30am Nightingale



**RIDE Rhythm** 

10:45am Spin



**GOLF PILATES** 10:35am

Nightingale



**PILATES** 

10:30am Nightingale



**TABLE TENNIS** 14:30pm

Nightingale



**TABLE TENNIS** 15:30pm

Nightingale

**SUNDAY** 

**YOGA &** 

**MEDITATION** 

17:30pm

Nightingale

#### **WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY SATURDAY ( HATHA YOGA STRENGTH** CORE **SHAPE** Les Mills **TABLE BODY PUMP** reps TENNIS 11:25am 10:30am 11:35am 11:10am 10:30am 15:00pm Nightingale Studio 1 Studio 1 Studio 1 Studio 1 Nightingale <u>\_</u> **HATHA YOGA BOX SHAPE PILATES HATHA YOGA CORE** 15:00pm 11:30am 11:30am 11:35am 11:25am 11:30am Studio 1 Studio 1 Nightingale Nightingale Studio 1 Studio 1 **AQUA STRETCH PILATES PILATES HATHA YOGA TABLE TENNIS** 12:00pm 11:30am 12:25pm 12:00pm 12:00pm 15:30pm Pool Nightingale Nightingale Studio 1 Nightingale Nightingale **HIIT Circuits** LINE **DANCE HIIT Circuits AQUA DANCING** 12:30pm 12:30pm 12:30pm 12:00pm 12:30pm Nightingale Studio 1 Gym Floor Gym Floor Pool Les Mills **WELLNESS AQUA STRETCH TABLE BODY PUMP TENNIS** 12:30pm 12:30pm 12:55pm 14:00pm 12:30pm Studio 1 Nightingale Pool Nightingale Gym Floor **AQUA PILATES TAI CHI AQUA TABLE TENNIS** 13:30pm 14:30pm 13:00pm 13:20pm 13:00pm Pool Studio 1 Nightingale Pool Gym Floor Meno Fit™ **TABLE PILATES TABLE MENOFIT STRENGTH TENNIS TENNIS** 13:30pm 14:00pm 14:00pm 13:00pm 15:00pm Studio 1 Nightingale Studio 1 Studio 1 Gym Floor

YOGA &

**MEDITATION** 

14:30pm

Studio 1

**TABLE** 

**TENNIS** 

14:30pm

Nightingale

**WELLNESS** 

14:30pm

Nightingale

**DANCE** 

13:45pm

Studio 1

**TABLE** 

**TENNIS** 

15:30pm

Nightingale

**SUNDAY** 

**SATURDAY** 

#### **WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY HATHA YOGA TABLE YIN YOGA TABLE YOGA TENNIS TENNIS** 17:00pm 15:00pm 15:30pm 15:00pm 17:00pm Nightingale Nightingale Nightingale Nightingale Nightingale ٩ Les Mills **TABLE TABLE ZUMBA RIDE Rush BODY TENNIS TENNIS GPMBAT** 15:30pm 15:30pm 16:00pm 18:00pm Studio 1 Nightingale Studio 1 Nightingale Spin <u>@</u> Les Mills **SHAPE YOGA CORE** Les Mills **BODY PUMP BODY PUMP** 18:15pm 17:30pm 17:00pm 17:30pm 18:15pm Studio 1 Studio 1 Studio 1 Nightingale Studio 1 **PILATES RIDE Rhythm** Les Mills **RIDE Rhythm BODY GPMBAT** 18:15pm 18:15pm 18:00pm Nightingale Studio 1 Spin Spin **RIDE Rhythm FITNESS ZUMBA** Les Mills **PILATES BODY PUMP** 18:15pm 18:15pm 18:15pm 18:15pm Spin Nightingale Nightingale Studio 1 Les Mills Les Mills Les Mills **HYBR1D BODY BODY PUMP BODY PUMP** BALANCE 19:00pm 18:15pm 18:25pm Nightingale Studio 1 Studio 1 Gym Floor **HYBR1D ZUMBA VINYASA ZUMBA** YOGA 19:15pm 19:00pm 19:15pm 19:15pm Studio 1 Gym Floor Nightingale Studio 1

**FITNESS** 

**PILATES** 

19:20pm

Studio 1

VINYASA

**YOGA** 

19:20pm

Nightingale

Les Mills

**DANCE** 

19:10pm

Studio 1

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



Valid from 27/10/2025 to 31/10/2025.