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



нит

08:30am Studio 1



YOGA

08:15am Nightingale



Les Mills

BODY BALANCE

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

Studio 1



HIIT Circuits

09:00am Gym Floor



HIII

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

BODY

Studio 1



HATHA YOGA

15:00pm Studio 1



Les Mills BODY

GOMBAT

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

OJ:ISSK Studio 1



RIDE Rhythm

09:30am Spin



TABLE TENNIS

15:30pm Nightingale



Les Mills BODY

PALANAFE 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



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 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

MONDAY HATHA YOGA

STRENGTH reps 11:25am 10:30am Nightingale Studio 1



11:35am Studio 1

WEDNESDAY



THURSDAY

11:10am Studio 1



FRIDAY

11:30am Studio 1



BODY BALANCE Nightingale

SATURDAY



SUNDAY

TENNIS 15:30pm Nightingale



AQUA 12:00pm Pool



TUESDAY

SHAPE 11:30am

Studio 1



PILATES





HATHA YOGA

11:25am Nightingale



HATHA YOGA

12:00pm Nightingale



HYBR1D

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



TARIF 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

TABLE

TENNIS

14:00pm

Nightingale



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





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

SUNDAY

SATURDAY

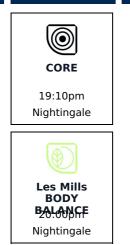
WEDNESDAY THURSDAY MONDAY TUESDAY FRIDAY Les Mills **TABLE YOGA TABLE YOGA TENNIS TENNIS BODY GPMBAT** 15:00pm 17:00pm 15:00pm 17:00pm Studio 1 Nightingale Nightingale Nightingale Nightingale ٩ Les Mills **TABLE** Les Mills **TABLE RIDE Rush BODY PUMP TENNIS BODY TENNIS GPMBAT** 18:15pm 15:30pm 15:30pm 18:00pm Studio 1 Nightingale Studio 1 Nightingale Spin <u>@</u> **PILATES SHAPE ZUMBA CORE** Les Mills **BODY PUMP** 18:15pm 17:30pm 18:15pm 17:30pm 18:15pm Studio 1 Studio 1 Studio 1 Nightingale Nightingale **RIDE Rhythm RIDE Rhythm** Les Mills **RIDE Rhythm BODY PUMP** 18:15pm 18:15pm 18:25pm 18:00pm Studio 1 Spin Spin Spin Les Mills **FITNESS FITNESS** Les Mills **BODY PILATES PILATES BODY PUMP** BALANCE 18:15pm 19:20pm 18:15pm Nightingale Nightingale Studio 1 Studio 1 **ZUMBA** Les Mills **VINYASA HYBR1D BODY PUMP YOGA** 19:00pm 19:15pm 18:15pm 19:20pm Studio 1 Studio 1 Nightingale Gym Floor **HYBR1D ZUMBA** 19:00pm 19:15pm Gym Floor Studio 1



Studio 1



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



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