

MONDAY 06:30-22:30

08:00 - 09:00 HATHA YOGA	MARCIA
09:30 - 10:15 CLASSIC CYCLE	MUNISHA
09:30 - 10:30 IYENGAR YOGA • *Streamed Class*	OLIVIA
10:35 - 11:20 BODYCOMBAT	KIM
11:00 - 11:45 AQUA	PANA
● 11:00 - 12:00 PILATES MATWOK II • *Streamed Class*	ZUZANA
11:45 - 12:30 LES MILLS BARRE • *Streamed Class*	KIM
17:45 - 18:30 FLAMENCO • *Streamed Class*	MARIA M
18:15 - 19:15 VINYASA/FLOW YOGA	BEA
18:45 - 19:30 BODYPUMP	NINA

TUESDAY 06:30-22:30

09:15 - 10:00 SCULPT • *Streamed Class*	LUCY
09:30 - 10:30 PILATES MATWOK	LOUISE
10:00 - 10:45 AQUA	PANA
10:15 - 11:00 BODYPUMP	CHI
11:00 - 12:00 VINYASA/FLOW YOGA	BEA
● 11:15 - 12:00 BODY CONDITIONING	PANA
17:45 - 18:30 KETTLERCISE	MARIA B
18:45 - 19:45 PILATES & STRETCH	MARLA
18:50 - 19:35 CLASSIC CYCLE	LUCY
20:00 - 21:00 IYENGAR YOGA • *Streamed Class*	NOA

WEDNESDAY 06:30-22:30

09:15 - 10:00 CLASSIC CYCLE • *Streamed Class*	CLAIRE
● 09:30 - 10:30 VINYASA/FLOW YOGA	NILS
10:30 - 11:15 TOTAL BODY WORKOUT	KIM
11:00 - 11:45 AQUA	TIBOR
● 11:00 - 12:00 PILATES MATWOK • *Streamed Class*	MARLA
11:45 - 12:30 LES MILLS BARRE	KIM
17:15 - 18:00 BOOTCAMP	DOMENICO
18:15 - 19:00 BODYPUMP	DOMENICO
18:30 - 19:30 VINYASA/FLOW YOGA	SEAMUS
19:15 - 20:00 CLASSIC CYCLE	SANDRA
20:00 - 21:00 KUNDALINI YOGA	SIRI ATMA

KEY

● STUDIO 1 GROUP FITNESS	● PAID CLASS	ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
● STUDIO 2 MIND BODY	■ TIMETABLE CHANGES	
● POOL	□ COURSES	● BEGINNER
● GYM		●● INTERMEDIATE

THURSDAY 06:30-22:30

07:00 - 07:45 CYCLE & CORE BLAST • *Streamed Class*	TIBOR
●● 09:30 - 10:30 IYENGAR YOGA	MAGGIE
09:30 - 10:15 SCULPT	LUCY
10:45 - 11:30 BODYCOMBAT • *Streamed Class*	CHI
11:00 - 11:45 AQUA	MONIKA
●● 11:00 - 12:00 PILATES MATWOK • *Streamed Class*	LEONA
11:45 - 12:30 BODYPUMP	CHI
● 12:30 - 13:30 YOGA BASICS	BEA
18:15 - 19:00 BODYPUMP	LUCY
●● 18:30 - 19:30 PILATES MATWOK • *Streamed Class*	LEONA
19:30 - 20:15 ZUMBA • *Streamed Class*	RUDDY

FRIDAY 06:30-22:00

08:15 - 09:00 CLASSIC CYCLE	CLAIRE
08:15 - 09:15 PILATES MATWOK II	LOUISE
09:40 - 10:25 BARRELATES • *Streamed Class*	ZUZANA
●● 10:15 - 11:00 TOTAL BODY WORKOUT • *Streamed Class*	PANA
10:30 - 11:15 AQUA	ZUZANA
11:30 - 12:15 LEGS, GLUTES & CORE • *Streamed Class*	BITA
●● 11:30 - 12:30 VINYASA/FLOW YOGA • *Streamed Class*	MARCIA
17:00 - 17:45 CLASSIC CYCLE	SANDRA

SATURDAY 08:00-22:00

08:30 - 09:15 CLASSIC CYCLE	HENRI
09:00 - 09:45 AQUA	MONIKA
09:00 - 10:00 PILATES MATWOK	ANN
09:45 - 10:30 ZUMBA	RUDDY
●● 10:45 - 11:45 VINYASA/FLOW YOGA	BEA
11:00 - 11:45 BODYPUMP	LUCY
12:15 - 13:00 CLASSIC CYCLE	SANDRA
16:00 - 17:00 YOGA GENTLY • *Streamed Class*	LYNNE

SUNDAY 08:00-22:00

08:00 - 09:00 TAI CHI	NICK
09:00 - 09:45 CLASSIC CYCLE	HENRI
09:30 - 10:30 IYENGAR YOGA	SONJA
10:15 - 11:00 ZUMBA • *Streamed Class*	NATASHA
●● 11:00 - 12:00 PILATES PLUS	MARIE JO
11:30 - 12:15 BODY CONDITIONING • *Streamed Class*	LUCY
12:30 - 14:30 TAEKWON-DO • Free to members and their children.	MR LEE
17:00 - 17:45 CLASSIC CYCLE	ALEX
18:30 - 19:30 KUNDALINI YOGA • *Streamed Class*	SIRI ATMA