

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|----------------------------------|---|----------------------------------|
| 6:30 - 7:15 POWER HIIT | 06:15 - 07:00 GROUP CYCLE | 06:30 - 07:15 POWER HIIT | 06:15 - 07:00 GROUP CYCLE | 06:30 - 07:15 POWER HIIT | 08:30 - 09:15 GROUP CYCLE | 09:30 - 10:15 RPM |
| 07:30 - 08:15 TODAY'S WORKOUT | 06:45 - 07:30 TODAY'S WORKOUT | 07:30 - 08:15 TODAY'S WORKOUT | 06:45 - 07:30 TODAY'S WORKOUT | 09:00 - 09:45 PILATES (45) | 08:30 - 09:15 TODAY'S WORKOUT | 09:30 - 10:15 BODYPUMP |
| 09:00 - 10:00 PILATES (60) | 08:15 - 09:15 PILATES (60) | 09:15 - 10:15 SLOW FLOW VINYASA YOGA | 09:15 - 10:00 FULL BODY CIRCUIT (60YRS+) | 09:30 - 10:15 POWER STRENGTH | 08:55 - 09:40 PILATES (45) | 10:30 - 11:15 BODYBALANCE |
| 09:15 - 10:00 FULL BODY CIRCUIT (60YRS+) | 09:30 - 10:15 POWER STRENGTH | 09:30 - 10:15 BODYPUMP | 09:30 - 10:30 PILATES (60) | 09:30 - 10:15 RPM | 09:35 - 10:20 BODYPUMP | 10:30 - 11:15 TODAY'S WORKOUT |
| 09:30 - 10:00 SPRINT | 09:30 - 10:15 ZUMBA | 10:15 - 11:00 AQUA AEROBICS | 09:30 - 10:15 POWER STRENGTH | 10:00 - 10:45 BACK CARE FIT | 09:45-10:30 PILATES (45) | |
| 09:30 - 10:15 POWER HIIT | 09:30 - 10:15 RPM | 10:30 - 11:15 BARRE | 09:30 - 10:15 RPM | 10:30 - 11:15 BODYPUMP | 10:30 - 11:15 POWER STRENGTH | |
| 10:15 - 11:15 PILATES (60) | 10:30 - 11:15 POWER FUNCTIONAL FITNESS (60YRS+) | 11:20 - 12:05 HATHA YOGA | 10:35 - 11:20 POWER FUNCTIONAL FITNESS (60YRS+) | 10:30 - 11:15 AQUA AEROBICS | 10:35 - 11:35 SLOW FLOW VINYASA YOGA | |
| 10:30 - 11:30 BODYPUMP | 10:30 - 11:30 BODYBALANCE | 12:10 - 13:10 PILATES (60) | 10:35 - 11:35 HATHA YOGA | 11:00 - 12:00 HATHA YOGA | | |
| 10:45 - 11:30 AQUA AEROBICS | 10:30 - 11:15 AQUA AEROBICS | 17:30 - 18:00 CORE STRENGTH | 11:45 - 12:30 AQUA AEROBICS | 12:15 - 13:15 YIN YOGA | | |
| 11:30 - 12:30 MENOPAUSE YOGA | 11:45 - 12:45 PILATES (60) | 18:00 - 19:00 PILATES (60) | 12:15 - 13:00 POWER STRENGTH | 17:30 - 18:15 STRENGTH & CORE | | |
| 17:30 - 18:15 STRENGTH & CONDITIONING | 13:00 - 14:00 HATHA YOGA | 18:15 - 19:00 AQUA AEROBICS | 17:30 - 18:00 CARDIO CIRCUIT | | | |
| 18:15 - 19:15 YIN YOGA | 17:30 - 18:00 CORE STRENGTH | 18:30 - 19:15 STRENGTH & CONDITIONING | 18:00 - 19:00 PILATES (60) | | | |
| 18:15 - 19:00 RPM | 18:00 - 19:00 ZUMBA | 19:05 - 19:50 PILATES (45) | 18:15 - 19:00 POWER STRENGTH | | | |
| 18:30 - 19:15 HIIT STRENGTH | 18:15 - 19:00 POWER STRENGTH | | 18:30 - 19:15 GROUP CYCLE | | | |
| 19:15 - 20:15 BODYPUMP | 19:05 - 20:05 PILATES (60) | | 19:30 - 20:30 DYNAMIC VINYASA YOGA | | | |
| 19:30 - 20:30 HATHA YOGA | | | | | | |



- POWER STUDIO
- POOL
- GYM
- CYCLE STUDIO
- FLOW STUDIO

CLASS TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|------------------------------|------------------------------|--|------------------------------|------------------------------|-----------------------------------|
| 07:15 - 08:15 RISE & FLOW | 07:15 - 08:15 RISE & FLOW | 06:30 - 07:30 HOT 60 | 07:15 - 08:15 SLOW FLOW | 06:30 - 07:30 BFREE | 08:15 - 09:15 RISE & FLOW | 08:15 - 09:15 SLOW FLOW |
| 08:15 - 09:15 MIXED | 09:15 - 10:05 MIXED | 08:15 - 09:05 POWER | 09:15 - 10:05 MIXED | 08:15 - 09:05 FUNDAMENTAL | 08:15 - 09:05 MIXED | 08:15 - 09:05 MIXED |
| 09:15 - 10:05 MIXED | 09:30 - 10:30 SCULPT | 09:15 - 10:05 MIXED | 09:30 - 10:30 BFREE | 09:15 - 10:05 MIXED | 09:15 - 10:05 POWER | 09:15 - 10:05 FUNDAMENTAL |
| 09:30 - 10:30 HOT PILATES | 10:15 - 11:05 MIXED | 09:30 - 10:30 BFREE | 10:15 - 11:05 MIXED | 10:30 - 11:45 HOT 75 | 09:45 - 10:45 HOT 60 | 09:45 - 10:45 HOT 60 |
| 17:00 - 18:00 FUSION | 11:00 - 12:00 HOT 60 | 11:00 - 12:00 HOT PILATES | 11:00 - 12:00 FUSION | 12:15 - 13:15 SCULPT | 10:15 - 11:05 MIXED | 10:15 - 11:05 DYNAMIC |
| 18:00 - 18:50 FUNDAMENTAL | 12:15 - 13:05 MIXED | 17:00 - 17:50 POWER | 17:00 - 18:00 SCULPT | 12:15 - 13:15 MIXED | 11:15 - 12:15 FUSION | 11:15 - 12:15 ROCK OM |
| 18:30 - 19:30 BFREE | 17:00 - 18:00 WARM YIN | 18:00 - 18:50 FUNDAMENTAL | 18:15 - 19:15 YANG TO YIN | 17:00 - 18:00 ROCK OM | | 16:00 - 17:15 WARM YIN & NIDRA |
| 19:00 - 19:50 MIXED | 17:00 - 17:50 MIXED | 18:30 - 19:30 SCULPT | 18:30 - 19:20 MIXED | 18:00 - 19:00 MIXED | | |
| 20:00 - 21:00 HOT 60 | 18:00 - 18:50 DYNAMIC | 19:00 - 19:50 MIXED | 19:30 - 20:30 SILENT SOUNDS (HOT 60) | 18:30 - 19:30 CANDLELIT | | |
| | | 20:00 - 21:00 CANDELIT | 19:30 - 20:20 FUNDAMENTAL | | | |

○ HOT YOGA
● REFORMER



HOT YOGA & REFORMER

CLASS TIMETABLE