

RAMADAN 2023

MONDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ H.I.I.T 09:00 SARAH 45 MINUTES	13 ⁺ LESMILLS sprint 08:00 VIRTUAL 30 MINUTES	13 ⁺ LESMILLS RPM 09:00 ISABELLE 30 MINUTES	13 ⁺ DYNAMIC PILATES 09:00 MONA 45 MINUTES	16 ⁺ AQUA AEROBICS 09:30 ISABEL 50 MINUTES	16 ⁺ TRX 16:00 LAMA 60 MINUTES
16 ⁺ tone 09:55 DILIA 50 MINUTES	13 ⁺ LESMILLS RPM 08:50 VIRTUAL 50 MINUTES	13 ⁺ CYCLE Freestyle 21:00 PATRICIA 45 MINUTES	13 ⁺ HATHA YOGA 10:00 MONA 50 MINUTES	MAINTENANCE DAY	OUTDOORS
16 ⁺ LESMILLS BODYPUMP 11:00 LESLEY 60 MINUTES	13 ⁺ LESMILLS THE TRIP 10:15 ASMA 45 MINUTES		13 ⁺ LESMILLS BODYBALANCE 11:00 CATE 55 MINUTES	FAMILY POOL	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ LESMILLS CORE 17:00 LAMA 45 MINUTES	13 ⁺ LESMILLS sprint 11:10 VIRTUAL 30 MINUTES		13 ⁺ GENTLE YOGA 17:00 MARCELLENE 60 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	NO CLASSES
13 ⁺ LESMILLS BODYATTACK 21:00 MAITE 60 MINUTES	13 ⁺ LESMILLS RPM 13:15 VIRTUAL 50 MINUTES		13 ⁺ LESMILLS BODYBALANCE 21:00 LAMA 55 MINUTES	16 ⁺ AQUA AEROBICS 16:30 MEDINA 50 MINUTES	TENNIS
16 ⁺ LESMILLS BODYPUMP 22:05 PATRICIA 50 MINUTES	13 ⁺ LESMILLS RPM 15:40 VIRTUAL 30 MINUTES			MAINTENANCE DAY	FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 248 7753 COURT 1 & 2
	13 ⁺ LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				
	13 ⁺ LESMILLS RPM 19:15 VIRTUAL 50 MINUTES				
	13 ⁺ LESMILLS sprint 21:00 VIRTUAL 30 MINUTES				
	13 ⁺ LESMILLS RPM 22:00 VIRTUAL 50 MINUTES				

RAMADAN 2023

TUESDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ LESMILLS BODYPUMP 09:00 ASMA 60 MINUTES	13 ⁺ LESMILLS RPM 08:30 VIRTUAL 50 MINUTES	13 ⁺ CYCLE Freestyle 09:00 ISABELLE 60 MINUTES	13 ⁺ FLOW YOGA 09:00 SARAH 60 MINUTES	16 ⁺ AQUA AEROBICS 09:30 DONNA 50 MINUTES	16 ⁺ WOD 20:30 HANMA 45 MINUTES
16 ⁺ LESMILLS CORE 10:10 LESLEY 30 MINUTES	13 ⁺ LESMILLS RPM 09:35 VIRTUAL 50 MINUTES		13 ⁺ PILATES 10:10 MARIANA 50 MINUTES	FAMILY POOL	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
13 ⁺ STRETCH 11:05 SARAH 60 MINUTES	13 ⁺ LESMILLS sprint 11:00 VIRTUAL 30 MINUTES		16 ⁺ LESMILLS CORE 11:10 MARIANA 45 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	OUTDOORS
13 ⁺ LESMILLS BODYCOMBAT 17:00 ANCA 60 MINUTES	13 ⁺ LESMILLS THE TRIP 13:15 VIRTUAL 45 MINUTES		13 ⁺ LESMILLS BODYBALANCE 16:00 LAMA 55 MINUTES	16 ⁺ AQUA AEROBICS 16:30 MEDINA 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ LESMILLS BODYPUMP 21:00 PATRICIA 45 MINUTES	13 ⁺ LESMILLS RPM 15:40 VIRTUAL 50 MINUTES		13 ⁺ PILATES 20:30 ZEINAB 50 MINUTES		NO CLASSES
16 ⁺ TONE SCULPT 22:00 PATRICIA 45 MINUTES	13 ⁺ LESMILLS RPM 17:00 VIRTUAL 50 MINUTES				TENNIS
	13 ⁺ LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				TICKETS @ BEACH AND POOL RECEPTION
	13 ⁺ LESMILLS RPM 21:00 VIRTUAL 50 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 248 7753 COURT 1 & 2
	13 ⁺ LESMILLS THE TRIP 22:00 VIRTUAL 45 MINUTES				

RAMADAN 2023

WEDNESDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ LESMILLS CORE 09:00 ASMA 45 MINUTES	13 ⁺ LESMILLS RPM 08:50 VIRTUAL 50 MINUTES	13 ⁺ LESMILLS sprint 09:00 DILIA 30 MINUTES	13 ⁺ DYNAMIC PILATES 09:00 MONA 50 MINUTES	16 ⁺ AQUA AEROBICS 09:30 VICTORIA 50 MINUTES	NO CLASSES
16 ⁺ BODY CONDITIONING 10:00 CATE 45 MINUTES	13 ⁺ LESMILLS sprint 11:00 VIRTUAL 30 MINUTES		16 ⁺ POWER VINIYASA 10:00 SARAH 50 MINUTES	FAMILY POOL	OUTDOORS
13 ⁺ STRONG 11:00 MEDINA 50 MINUTES	13 ⁺ LESMILLS THE TRIP 13:15 VIRTUAL 45 MINUTES		13 ⁺ LESMILLS BODYBALANCE 11:00 CATE 55 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
13 ⁺ STEP AND TONE 16:00 SARAH 50 MINUTES	13 ⁺ LESMILLS sprint 15:15 VIRTUAL 30 MINUTES		13 ⁺ GENTLE YOGA 17:00 MARCELLENE 60 MINUTES	16 ⁺ AQUA AEROBICS 16:30 LESLEY 50 MINUTES	16 ⁺ TRX 09:00 SARAH 55 MINUTES
16 ⁺ LESMILLS BODYPUMP 17:00 DABOYA 60 MINUTES	13 ⁺ LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES		13 ⁺ PILATES 20:30 ZEINAB 50 MINUTES		TENNIS
13 ⁺ STRONG 21:00 MEDINA 50 MINUTES	13 ⁺ LESMILLS THE TRIP 19:45 VIRTUAL 45 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 248 7753 COURT 1 & 2
16 ⁺ LESMILLS CORE 22:00 LAMA 45 MINUTES	13 ⁺ LESMILLS RPM 21:00 VIRTUAL 50 MINUTES				
	13 ⁺ LESMILLS sprint 22:00 VIRTUAL 30 MINUTES				

RAMADAN 2023

THURSDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ LESMILLS BODYPUMP 09:00 ASMA 60 MINUTES	13 ⁺ LESMILLS sprint 08:00 VIRTUAL 30 MINUTES	13 ⁺ LESMILLS RPM 09:00 ISABELLE 30 MINUTES	13 ⁺ PILATES 09:00 MARIANA 50 MINUTES	16 ⁺ AQUA AEROBICS 09:30 ISABEL 50 MINUTES	16 ⁺ WOD 20:30 HANMA 45 MINUTES
16 ⁺ tone 10:00 MARIANA 50 MINUTES	13 ⁺ LESMILLS THE TRIP 10:30 ASMA 45 MINUTES	13 ⁺ CYCLE Freestyle 21:00 PATRICIA 50 MINUTES	13 ⁺ HATHA YOGA 10:00 MARCELLENE 50 MINUTES	16 ⁺ YOGA FLOAT 16:00 DEBBIE 30 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
13 ⁺ STRETCH 11:00 YVETTE 45 MINUTES	13 ⁺ LESMILLS RPM 13:15 VIRTUAL 50 MINUTES		16 ⁺ SWING YOGA 17:00 DEBBIE 45 MINUTES	FAMILY POOL	OUTDOORS
13 ⁺ LESMILLS BODYCOMBAT 16:00 ANCA 60 MINUTES	13 ⁺ LESMILLS THE TRIP 13:40 VIRTUAL 45 MINUTES		13 ⁺ LESMILLS BODYBALANCE 21:00 LAMA 55 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ BODY CONDITIONING 21:00 DEEDA 45 MINUTES	13 ⁺ LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				16 ⁺ TRX 09:00 SARAH 60 MINUTES
16 ⁺ TONE SCULPT 22:00 PATRICIA 45 MINUTES	13 ⁺ LESMILLS RPM 18:00 VIRTUAL 50 MINUTES				16 ⁺ TRX 16:30 SARAH 60 MINUTES
	13 ⁺ LESMILLS THE TRIP 19:30 VIRTUAL 30 MINUTES				TENNIS
	13 ⁺ LESMILLS RPM 21:00 VIRTUAL 50 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 248 7753 COURT 1 & 2
	13 ⁺ LESMILLS sprint 22:00 VIRTUAL 30 MINUTES				

RAMADAN 2023

FRIDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	FAMILY POOL
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
13 ⁺ LESMILLS BODYCOMBAT 09:00 ANCA 45 MINUTES	13 ⁺ LESMILLS RPM 08:30 VIRTUAL 50 MINUTES	13 ⁺ CYCLE Freestyle 09:00 ISABELLE 60 MINUTES	13 ⁺ LESMILLS BODYBALANCE 09:00 DILIA 60 MINUTES	16 ⁺ AQUA AEROBICS 09:30 LESLEY 50 MINUTES	NO CLASSES
13 ⁺ STEP AND TONE 10:00 SARAH 60 MINUTES	13 ⁺ LESMILLS sprint 11:00 VIRTUAL 30 MINUTES		13 ⁺ PILATES 10:10 DILIA 55 MINUTES		OCTAGYM
16 ⁺ LESMILLS BODYPUMP 11:10 LESLEY 60 MINUTES	13 ⁺ LESMILLS RPM 13:15 VIRTUAL 50 MINUTES		13 ⁺ GENTLE YOGA 11:10 YVETTE 45 MINUTES		TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ LESMILLS CORE 17:00 LAMA 45 MINUTES	13 ⁺ LESMILLS THE TRIP 15:30 VIRTUAL 45 MINUTES		13 ⁺ MINDFUL YOGA 12:00 YVETTE 30 MINUTES		NO CLASSES
16 ⁺ LESMILLS BODYPUMP 21:00 DEEDA 60 MINUTES	13 ⁺ LESMILLS RPM 17:00 VIRTUAL 50 MINUTES				TENNIS
13 ⁺ LESMILLS BODYCOMBAT 22:10 DEEDA 60 MINUTES	13 ⁺ LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 248 7753 COURT 1 & 2
	13 ⁺ LESMILLS RPM 21:00 VIRTUAL 50 MINUTES				
	13 ⁺ LESMILLS THE TRIP 22:00 VIRTUAL 45 MINUTES				

RAMADAN 2023

SATURDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 ⁺ LESMILLS BODYPUMP 16:10 PATRICIA 45 MINUTES	13 ⁺ LESMILLS sprint 08:30 VIRTUAL 30 MINUTES	NO CLASSES	13 ⁺ YIN YOGA 09:45 AISHA 60 MINUTES	NO CLASSES	NO CLASSES
16 ⁺ H.I.I.T 17:10 PATRICIA 45 MINUTES	13 ⁺ LESMILLS sprint 11:00 VIRTUAL 30 MINUTES		16 ⁺ POWER VINIYASA 11:00 SARAH 75 MINUTES	FAMILY POOL	
	13 ⁺ LESMILLS RPM 13:15 VIRTUAL 50 MINUTES			TICKETS @ BEACH AND POOL RECEPTION	
	13 ⁺ LESMILLS THE TRIP 15:15 VIRTUAL 45 MINUTES			16 ⁺ AQUA AEROBICS 09:00 NICOLE 50 MINUTES	
	13 ⁺ LESMILLS RPM 17:00 VIRTUAL 50 MINUTES				
	13 ⁺ LESMILLS sprint 18:30 VIRTUAL 30 MINUTES				
	13 ⁺ LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				
	13 ⁺ LESMILLS RPM 21:00 VIRTUAL 50 MINUTES				
	13 ⁺ LESMILLS sprint 22:00 VIRTUAL 30 MINUTES				

RAMADAN 2023

SUNDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
13 ⁺ LEGS BUMS TUMS 10:00 LESLEY 60 MINUTES	13 ⁺ LESMILLS sprint 08:00 VIRTUAL 30 MINUTES	13 ⁺ LESMILLS RPM 09:00 ISABELLE 45 MINUTES	13 ⁺ HATHA YOGA 11:00 MARCELLENE 50 MINUTES	16 ⁺ AQUA AEROBICS 09:30 MEDINA 50 MINUTES	NO CLASSES
13 ⁺ STRONG 11:15 MEDINA 50 MINUTES	13 ⁺ LESMILLS RPM 08:50 VIRTUAL 50 MINUTES			FAMILY POOL	TENNIS
16 ⁺ LESMILLS CORE 17:00 LAMA 45 MINUTES	13 ⁺ LESMILLS THE TRIP 09:45 VIRTUAL 45 MINUTES			TICKETS @ BEACH AND POOL RECEPTION	
16 ⁺ LESMILLS BODYPUMP 21:00 DEEDA 60 MINUTES	13 ⁺ LESMILLS sprint 11:00 VIRTUAL 30 MINUTES				NO CLASSES
13 ⁺ LESMILLS BODYCOMBAT CORE 22:10 DEEDA 60 MINUTES	13 ⁺ LESMILLS RPM 13:15 VIRTUAL 50 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 248 7753 COURT 1 & 2
	13 ⁺ LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				
	13 ⁺ LESMILLS sprint 18:00 VIRTUAL 30 MINUTES				
	13 ⁺ LESMILLS RPM 19:30 VIRTUAL 50 MINUTES				
	13 ⁺ LESMILLS THE TRIP 21:00 VIRTUAL 45 MINUTES				
	13 ⁺ LESMILLS RPM 22:00 VIRTUAL 50 MINUTES				