

































APRIL - MAY 2024

MONDAY

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTER	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 08:30 SARAH 45 MINUTES	 07:10 VIRTUAL 30 MINUTES	 08:00 DILIA 30 MINUTES	 08:35 MONA 45 MINUTES	 09:00 ISABEL 50 MINUTES	NO CLASSES
 09:30 DILIA 50 MINUTES	 08:00 VIRTUAL 30 MINUTES	 08:40 ANCA 45 MINUTES	 09:30 MONA 45 MINUTES	 10:00 ISABEL 50 MINUTES	OUTDOORS
 10:35 LESLEY 60 MINUTES	 08:50 VIRTUAL 50 MINUTES		 10:25 MONA 45 MINUTES	 17:00 MEDINA 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION
 11:45 ISABEL 50 MINUTES	 09:40 ASMA CLASS STARTS 11 APRIL 45 MINUTES		 11:45 CATE 55 MINUTES	MAINTENANCE DAY	 18:00 LAMA 60 MINUTES
 12:45 ZEIN 50 MINUTES	 11:10 VIRTUAL 30 MINUTES		 12:50 YVETTE 45 MINUTES	FAMILY POOL	
 15:00 VIRTUAL 60 MINUTES	 13:15 VIRTUAL 50 MINUTES		 17:00 MARCELLENE 60 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	
 17:00 LAMA 45 MINUTES	 15:40 VIRTUAL 30 MINUTES		 18:10 ANGE 60 MINUTES	NO CLASSES	
 18:00 HAMDA A 60 MINUTES	 17:00 VIRTUAL 45 MINUTES				
 19:15 ANGE 50 MINUTES	 19:15 VIRTUAL 50 MINUTES				
 20:30 VIRTUAL 45 MINUTES					



FOR BOOKINGS AND INQUIRY
PLEASE CALL:
056 9448124

COURT 1 & 2

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
LesMILLS BODYPUMP 08:30 ASMA 45 MINUTES	LesMILLS Sprint 07:10 VIRTUAL 30 MINUTES	CYCLE Freestyle 08:00 AURELIE 45 MINUTES	LesMILLS BODYBALANCE 07:10 LAMA 50 MINUTES	AQUA AEROBICS 09:00 DONNA 50 MINUTES	WOD 08:30 DEEDA 60 MINUTES CLASS STARTS APRIL 23
LesMILLS CORE 09:30 LESLEY 30 MINUTES	LesMILLS RPM 08:30 VIRTUAL 50 MINUTES	LesMILLS RPM 09:35 ASMA 50 MINUTES	INTERMEDIATE FLOW YOGA 08:30 SARAH 60 MINUTES	AQUA AEROBICS 10:30 LESLEY 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
STRETCH 10:10 SARAH 60 MINUTES	LesMILLS RPM 09:35 VIRTUAL 50 MINUTES	CYCLE Freestyle 17:15 PATRICIA 45 MINUTES	PILATES 09:45 MARIANA 50 MINUTES	AQUA AEROBICS 16:30 MEDINA 50 MINUTES	OUTDOORS
BELLY FITNESS 11:20 ANGE 50 MINUTES	LesMILLS Sprint 11:00 VIRTUAL 30 MINUTES		LesMILLS CORE 10:45 MARIANA 45 MINUTES	FAMILY POOL	
ZUMBA toning 12:20 LORA 60 MINUTES	LesMILLS THE TRIP 13:15 VIRTUAL 45 MINUTES		BODY BALLET 12:20 ANGE 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	
BARRE 15:30 VIRTUAL 30 MINUTES	LesMILLS RPM 15:40 VIRTUAL 50 MINUTES		LesMILLS BODYBALANCE 16:00 LAMA 55 MINUTES	AQUA AEROBICS 08:00 NICOLE 50 MINUTES	Anagow Running 17:30 45 MINUTES * REGISTRATION IS ESSENTIAL INSTAGRAM: ANAGOWRUNNING
LesMILLS BODYCOMBAT 17:00 ANCA 60 MINUTES	LesMILLS RPM 17:00 VIRTUAL 45 MINUTES		GENTLE YOGA 17:15 AISHA 60 MINUTES	TENNIS	
LesMILLS BODYPUMP 18:10 PATRICIA 45 MINUTES	LesMILLS THE TRIP 19:30 VIRTUAL 50 MINUTES		YIN YOGA 18:30 AISHA 50 MINUTES	PALMATENNIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124	
TONE & SCULPT 19:10 PATRICIA 45 MINUTES			PILATES 19:30 ZEINAB 50 MINUTES		
LesMILLS BODYBALANCE 20:00 VIRTUAL 55 MINUTES					






























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TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
LES MILLS BODYCOMBAT 08:30 DEEDA 60 MINUTES	LES MILLS SPRINT 07:10 VIRTUAL 30 MINUTES	CYCLE FREESTYLE 07:30 RANEEN 45 MINUTES	DYNAMIC PILATES 08:35 MONA 50 MINUTES	AQUA AEROBICS 09:00 VIKTORIA 50 MINUTES	TRX 08:30 SARAH 55 MINUTES
LES MILLS CORE 09:40 ASMA 45 MINUTES	LES MILLS SPRINT 07:50 VIRTUAL 30 MINUTES	LES MILLS RPM 08:30 ASMA CLASS STARTS 17 APRIL 50 MINUTES	ADVANCED POWER VINAYASA 09:35 SARAH 50 MINUTES	AQUA AEROBICS 10:30 NICOLE 50 MINUTES	OUTDOORS
LES MILLS SHAPES 10:40 CATE 45 MINUTES	LES MILLS RPM 08:30 VIRTUAL 50 MINUTES	LES MILLS RPM 18:40 DEEDA CLASS STARTS 24 APRIL 50 MINUTES	BARRE 10:35 VIKTORIA 50 MINUTES	FAMILY POOL	TICKETS @ BEACH AND POOL RECEPTION NO CLASSES
LATIN X 11:35 ISABEL 60 MINUTES	LES MILLS SPRINT 09:50 VIRTUAL 30 MINUTES		LES MILLS BODYBALANCE 11:35 CATE 55 MINUTES	TICKETS @ BEACH AND POOL RECEPTION NO CLASSES	TENNIS
BELLY FITNESS 12:45 ANGE 50 MINUTES	LES MILLS RPM 11:00 VIRTUAL 50 MINUTES		SWING YOGA 12:40 ISABEL 45 MINUTES		PALMATENNIS COURT 1 & 2
LES MILLS GRIT ATHLETIC 15:00 VIRTUAL 30 MINUTES	LES MILLS THE TRIP 13:15 VIRTUAL 45 MINUTES		BODY BALLET 13:45 ANGE 50 MINUTES		FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124
BEGINNER STEP AND TONE 16:30 SARAH 60 MINUTES	LES MILLS SPRINT 15:15 VIRTUAL 30 MINUTES		GENTLE YOGA 17:00 MARCELLENE 60 MINUTES		
LES MILLS BODYPUMP 17:30 DABOTA 60 MINUTES	LES MILLS THE TRIP 17:00 VIRTUAL 45 MINUTES		HATHA YOGA 18:10 MARCELLENE 50 MINUTES		
BELLY FITNESS 18:40 ZEIN 50 MINUTES	LES MILLS THE TRIP 19:45 VIRTUAL 45 MINUTES		PILATES 19:30 ZEINAB 50 MINUTES		
LES MILLS BODYCOMBAT 20:00 VIRTUAL 60 MINUTES					
ZUMBA FITNESS 19:40 APPOLINE 50 MINUTES					

























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TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
08:30 ASMA 60 MINUTES	07:10 VIRTUAL 30 MINUTES	08:00 RANEEN 50 MINUTES	08:30 MARIANA 50 MINUTES	09:00 ISABEL 50 MINUTES	08:30 DEEDA 50 MINUTES CLASS STARTS APRIL 25
09:40 MARIANA 50 MINUTES	08:00 VIRTUAL 50 MINUTES	18:15 PATRICIA 45 MINUTES CLASS STARTS APRIL 18	09:45 YVETTE 45 MINUTES CLASS STARTS APRIL 18	10:00 LESLEY 50 MINUTES CLASS STARTS APRIL 18	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
10:40 MARIANA 50 MINUTES	09:00 VIRTUAL 30 MINUTES		10:40 YVETTE 45 MINUTES	17:25 DEBBIE 30 MINUTES CLASS STARTS APRIL 18	08:30 SARAH 60 MINUTES
11:40 YVETTE 45 MINUTES	09:45 ASMA 45 MINUTES CLASS STARTS APRIL 18		11:35 LESLEY 45 MINUTES CLASS STARTS APRIL 18	FLOAT FIT AND YOGA FLOAT INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP	OUTDOORS
12:35 ANGE 50 MINUTES	11:00 VIRTUAL 50 MINUTES		12:30 APPOLINE 50 MINUTES	18:00 NICOLE 50 MINUTES CLASS STARTS APRIL 18	TICKETS @ BEACH AND POOL RECEPTION NO CLASSES
15:15 VIRTUAL 60 MINUTES	13:15 VIRTUAL 50 MINUTES		13:35 ANGE 50 MINUTES	FAMILY POOL TICKETS @ BEACH AND POOL RECEPTION NO CLASSES	TENNIS
16:30 ANCA 60 MINUTES CLASS STARTS APRIL 18	15:40 VIRTUAL 45 MINUTES		INTERMEDIATE 16:30 SARAH 50 MINUTES		COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124
17:40 DEEDA 60 MINUTES	17:00 VIRTUAL 45 MINUTES		17:30 MEDINA 50 MINUTES CLASS STARTS APRIL 18		
19:10 PATRICIA 45 MINUTES CLASS STARTS APRIL 18	18:00 VIRTUAL 50 MINUTES		18:30 DEBBIE 45 MINUTES CLASS STARTS APRIL 18		
20:00 VIRTUAL 30 MINUTES	19:30 VIRTUAL 30 MINUTES		19:25 HAMDA A 45 MINUTES CLASS STARTS APRIL 18		



























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TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 HATHA YOGA 07:05 MARCELLENE 50 MINUTES	 LESMILLS SPRINT 07:10 VIRTUAL 30 MINUTES	 LESMILLS SPRINT 08:00 DILIA 30 MINUTES	 LESMILLS BODYBALANCE 08:45 DILIA 55 MINUTES	 AQUA AEROBICS 09:30 LESLEY 50 MINUTES	NO CLASSES
 LESMILLS GRIT CARDIO 08:30 ASMA 30 MINUTES	 LESMILLS RPM 08:30 VIRTUAL 50 MINUTES	 LESMILLS RPM CLASS STARTS APRIL 26 08:45 DEEDA 50 MINUTES	 PILATES 09:50 DILIA 50 MINUTES	FAMILY POOL	TENNIS
BEGINNER  STEPS 09:05 SARAH 30 MINUTES	 LESMILLS RPM 09:30 VIRTUAL 50 MINUTES		INTERMEDIATE  FLOW YOGA 10:50 YVETTE 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION NO CLASSES	
INTERMEDIATE  STEP AND TONE 09:40 SARAH 60 MINUTES	 LESMILLS SPRINT 11:00 VIRTUAL 30 MINUTES		 SOUND HEALING 11:50 YVETTE 45 MINUTES		
 LESMILLS BODYPUMP CORE 10:50 LESLEY 60 MINUTES	 LESMILLS RPM 13:15 VIRTUAL 50 MINUTES		 BODY BALLET 17:00 ANGE 50 MINUTES		
 ZUMBA FITNESS 12:10 MEDINA 45 MINUTES	 LESMILLS THE TRIP 15:30 VIRTUAL 45 MINUTES				
 LESMILLS BODYATTACK 13:30 VIRTUAL 45 MINUTES	 LESMILLS RPM 17:00 VIRTUAL 50 MINUTES				
 LESMILLS BODYBALANCE 14:45 VIRTUAL 30 MINUTES	 LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				
 BELLY FITNESS 16:00 ANGE 50 MINUTES					
 LESMILLS BODYCOMBAT 17:00 VIRTUAL 60 MINUTES					
 LESMILLS GRIT STRENGTH 18:30 VIRTUAL 30 MINUTES					
 LESMILLS CORE 19:30 VIRTUAL 45 MINUTES					 PALMATENNIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
<div style="display: flex; justify-content: space-between;"> <div>  <p>08:30 VIRTUAL 45 MINUTES</p> </div> <div> <p>08:30 VIRTUAL 45 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>07:30 VIRTUAL 50 MINUTES</p> </div> <div> <p>07:30 VIRTUAL 50 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>09:30 VIRTUAL 45 MINUTES</p> </div> <div> <p>09:30 VIRTUAL 45 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>YIN YOGA</p> </div> <div> <p>09:45 AISHA 60 MINUTES</p> </div> </div>	NO CLASSES	NO CLASSES
<div style="display: flex; justify-content: space-between;"> <div>  <p>09:30 PATRICIA 45 MINUTES</p> </div> <div> <p>09:30 PATRICIA 45 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>08:30 VIRTUAL 30 MINUTES</p> </div> <div> <p>08:30 VIRTUAL 30 MINUTES</p> </div> </div>		<div style="display: flex; justify-content: space-between;"> <div> <p>ADVANCED</p>  <p>POWER VINAYASA</p> </div> <div> <p>11:00 SARAH 75 MINUTES</p> </div> </div>	FAMILY POOL	TENNIS
<div style="display: flex; justify-content: space-between;"> <div>  <p>10:30 PATRICIA 45 MINUTES</p> </div> <div> <p>10:30 PATRICIA 45 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>11:00 VIRTUAL 30 MINUTES</p> </div> <div> <p>11:00 VIRTUAL 30 MINUTES</p> </div> </div>		<div style="display: flex; justify-content: space-between;"> <div>  <p>BODY BALLET</p> </div> <div> <p>17:00 ANGE 50 MINUTES</p> </div> </div>		
<div style="display: flex; justify-content: space-between;"> <div>  <p>11:30 LORA 50 MINUTES</p> </div> <div> <p>11:30 LORA 50 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>13:15 VIRTUAL 50 MINUTES</p> </div> <div> <p>13:15 VIRTUAL 50 MINUTES</p> </div> </div>			<div style="display: flex; justify-content: space-between;"> <div>  <p>AQUA AEROBICS</p> </div> <div> <p>10:00 NICOLE 50 MINUTES</p> </div> </div>	 <p>COURT 1 & 2</p>
<div style="display: flex; justify-content: space-between;"> <div>  <p>13:30 VIRTUAL 30 MINUTES</p> </div> <div> <p>13:30 VIRTUAL 30 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>15:15 VIRTUAL 45 MINUTES</p> </div> <div> <p>15:15 VIRTUAL 45 MINUTES</p> </div> </div>				<p>FOR BOOKINGS AND INQUIRY PLEASE CALL:</p>
<div style="display: flex; justify-content: space-between;"> <div>  <p>14:15 VIRTUAL 60 MINUTES</p> </div> <div> <p>14:15 VIRTUAL 60 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>17:00 VIRTUAL 50 MINUTES</p> </div> <div> <p>17:00 VIRTUAL 50 MINUTES</p> </div> </div>				<p>056 9448124</p>
<div style="display: flex; justify-content: space-between;"> <div>  <p>BELLY FITNESS</p> </div> <div> <p>16:00 ANGE 50 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>18:30 VIRTUAL 30 MINUTES</p> </div> <div> <p>18:30 VIRTUAL 30 MINUTES</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div>  <p>17:00 VIRTUAL 45 MINUTES</p> </div> <div> <p>17:00 VIRTUAL 45 MINUTES</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div>  <p>19:30 VIRTUAL 45 MINUTES</p> </div> <div> <p>19:30 VIRTUAL 45 MINUTES</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div>  <p>18:30 VIRTUAL 45 MINUTES</p> </div> <div> <p>18:30 VIRTUAL 45 MINUTES</p> </div> </div>					
<div style="display: flex; justify-content: space-between;"> <div>  <p>19:30 VIRTUAL 60 MINUTES</p> </div> <div> <p>19:30 VIRTUAL 60 MINUTES</p> </div> </div>					

AGE GROUP - 13+ AGE GROUP - 16+

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TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 <p>08:30 VIRTUAL 45 MINUTES</p>	 <p>07:10 VIRTUAL 30 MINUTES</p>	 <p>08:30 MANAL 45 MINUTES</p>	 <p>09:30 PATRICIA 50 MINUTES</p>	 <p>09:00 MEDINA 50 MINUTES</p>	NO CLASSES
 <p>09:40 OLGA 60 MINUTES</p>	 <p>08:00 VIRTUAL 30 MINUTES</p>		 <p>10:30 AISHA 50 MINUTES</p>	 <p>10:00 MEDINA 50 MINUTES</p>	TENNIS
 <p>10:50 ASMA 30 MINUTES</p>	 <p>08:50 VIRTUAL 50 MINUTES</p>		 <p>11:45 MARCELLENE 50 MINUTES</p>	FAMILY POOL	 <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124</p>
 <p>11:45 MEDINA 50 MINUTES</p>	 <p>09:45 VIRTUAL 45 MINUTES</p>		 <p>12:45 MEDINA 50 MINUTES</p>	TICKETS @ BEACH AND POOL RECEPTION	
 <p>12:45 ZEIN 50 MINUTES</p>	 <p>11:00 VIRTUAL 30 MINUTES</p>			NO CLASSES	
 <p>14:30 VIRTUAL 45 MINUTES</p>	 <p>13:15 VIRTUAL 50 MINUTES</p>				
 <p>15:30 VIRTUAL 45 MINUTES</p>	 <p>17:00 VIRTUAL 45 MINUTES</p>				
 <p>17:40 DEEDA 60 MINUTES</p>	 <p>18:00 VIRTUAL 30 MINUTES</p>				
 <p>18:50 DEEDA 60 MINUTES</p>	 <p>19:30 VIRTUAL 50 MINUTES</p>				

APRIL - MAY 2024

REFORMER PILATES STUDIO

AGE GROUP - 16+

TICKETS @ WELLNESS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION
10:00 VIKTORIA 50 MINUTES	08:30 VIKTORIA 50 MINUTES	09:30 MONA 50 MINUTES CLASS STARTS APRIL 24	10:00 VIKTORIA 50 MINUTES	12:10 LESLEY 50 MINUTES
11:15 MONA 50 MINUTES CLASS STARTS APRIL 29				