


































































FEBRUARY 2025

MONDAY








































AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	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="background-color: yellow; padding: 2px;">H.I.I.T</div> <p>08:30 SARAH 45 MINUTES</p>	 <p>07:10 VIRTUAL 30 MINUTES</p>	<p>BEGINNERS</p>  <p>10:00 VIKTORIA 50 MINUTES</p>	 <p>08:35 MONA 45 MINUTES</p>	 <p>09:00 ISABEL 50 MINUTES</p>	NO CLASSES
 <p>09:30 DILIA 50 MINUTES</p>	 <p>08:00 VIRTUAL 30 MINUTES</p>	 <p>11:15 MONA 50 MINUTES</p>	 <p>09:30 MONA 45 MINUTES</p>	 <p>10:00 ISABEL 50 MINUTES</p>	OUTDOORS
 <p>10:35 LESLEY 60 MINUTES</p>	 <p>08:45 VIRTUAL 90 MINUTES</p>	 <p>19:00 VIKTORIA 50 MINUTES</p>	 <p>10:25 MONA 45 MINUTES</p>	 <p>16:00 MEDINA 50 MINUTES</p>	TICKETS @ BEACH AND POOL RECEPTION
 <p>12:00 ISABEL 50 MINUTES</p>	 <p>09:40 VIRTUAL 90 MINUTES</p>	STUDIO TWO		MAINTENANCE DAY	
 <p>13:00 ZEIN 50 MINUTES</p>	 <p>11:10 VIRTUAL 30 MINUTES</p>	TICKETS @ ART CENTER		FAMILY POOL	
 <p>15:00 VIRTUAL 60 MINUTES</p>	 <p>13:15 VIRTUAL 50 MINUTES</p>	 <p>08:00 DILIA 30 MINUTES</p>	 <p>12:50 YVETTE 45 MINUTES</p>	TICKETS @ BEACH AND POOL RECEPTION	
 <p>17:00 LAMA 45 MINUTES</p>	 <p>15:40 VIRTUAL 30 MINUTES</p>	 <p>08:40 ANCA 45 MINUTES</p>	 <p>16:00 MARCELLENE 50 MINUTES</p>	<p>LADIES ONLY LEARN TO SWIM 18:30 45 MINUTES</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: FEBRUARY 24</p>	
<div style="background-color: #00a696; color: white; padding: 2px;">BODY CONDITIONING</div> <p>18:00 HAMDA A 60 MINUTES</p>	 <p>17:00 VIRTUAL 45 MINUTES</p>	 <p>09:35 RANEEN 45 MINUTES</p>	 <p>17:00 MARCELLENE 60 MINUTES</p>	<p>6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES)</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: FEBRUARY 24</p>	
 <p>19:15 ANGE 50 MINUTES</p>	 <p>19:15 VIRTUAL 50 MINUTES</p>		 <p>18:10 ANGE 60 MINUTES</p>	 <p>COURT 1 & 2</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337</p>	








































AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	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
 08:30 MARIANA 50 MINUTES	 07:10 VIRTUAL 30 MINUTES	 10:00 VIKTORIA 50 MINUTES	INTERMEDIATE  08:30 SARAH 60 MINUTES	 09:00 NICOLE 50 MINUTES	 08:30 DEEDA 60 MINUTES
 09:30 LESLEY 30 MINUTES	 08:30 VIRTUAL 50 MINUTES	STUDIO TWO TICKETS @ ART CENTRE	 09:45 MARIANA 50 MINUTES	 10:30 LESLEY 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
 10:10 SARAH 60 MINUTES	 09:35 VIRTUAL 50 MINUTES		TICKETS @ ART CENTRE	 10:45 MARIANA 45 MINUTES	 16:30 MEDINA 50 MINUTES
 11:20 ANGE 50 MINUTES	 11:00 VIRTUAL 45 MINUTES	 07:50 RANEEN 45 MINUTES	 12:20 ANGE 50 MINUTES	FAMILY POOL TICKETS @ BEACH AND POOL RECEPTION	NO CLASSES
 12:20 APPOLINE 60 MINUTES	 13:15 VIRTUAL 45 MINUTES	 09:35 MANAL 50 MINUTES	 16:00 LAMA 55 MINUTES		
 18:15 PATRICIA 60 MINUTES	 15:40 VIRTUAL 50 MINUTES	 17:15 PATRICIA 45 MINUTES	 18:00 LUCY 50 MINUTES	 08:00 NICOLE 50 MINUTES	TENNIS  FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
TONE & SCULPT 19:15 PATRICIA 45 MINUTES	 17:00 VIRTUAL 45 MINUTES	 19:00 LUCY 50 MINUTES			
 20:10 VIRTUAL 55 MINUTES	 19:30 VIRTUAL 50 MINUTES				

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	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
 08:30 DEEDA 60 MINUTES	 07:10 VIRTUAL 30 MINUTES	 09:30 MONA 50 MINUTES	 08:35 MONA 50 MINUTES	 09:00 VIKTORIA 50 MINUTES	NO CLASSES
 09:40 DEEDA 45 MINUTES	 07:50 VIRTUAL 30 MINUTES	 10:30 MONA 50 MINUTES	ADVANCED  09:35 SARAH 50 MINUTES	 10:00 NICOLE 50 MINUTES	OUTDOORS
 10:40 CATE 45 MINUTES	 08:30 VIRTUAL 50 MINUTES	 14:30 LESLEY 50 MINUTES	 10:35 VIKTORIA 50 MINUTES	 16:30 APPOLINE 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION
 11:35 ISABEL 60 MINUTES	 10:00 VIRTUAL 45 MINUTES	BEGINNERS  17:40 ZEIN 50 MINUTES	 11:35 CATE 55 MINUTES	FAMILY POOL	 08:30 SARAH 55 MINUTES
 12:45 ANGE 50 MINUTES	 11:00 VIRTUAL 50 MINUTES	STUDIO TWO	 12:40 ISABEL 45 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	TENNIS
 15:00 VIRTUAL 30 MINUTES	 13:15 VIRTUAL 45 MINUTES	 07:40 RANEEN 45 MINUTES	 13:45 ANGE 50 MINUTES	LADIES ONLY LEARN TO SWIM 18:30 45 MINUTES FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747 START DATE: FEBRUARY 24	 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
BEGINNER  16:30 SARAH 60 MINUTES	 15:15 VIRTUAL 30 MINUTES	 08:30 MANAL 50 MINUTES	 17:00 MARCELLENE 60 MINUTES	6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES) FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747 START DATE: FEBRUARY 24	
 17:30 LAMA 60 MINUTES	 17:00 VIRTUAL 45 MINUTES		 18:10 MARCELLENE 50 MINUTES		
 18:40 ZEIN 50 MINUTES	 19:45 VIRTUAL 45 MINUTES		 19:10 DEEDA 50 MINUTES		
 19:40 APPOLINE 50 MINUTES					

























AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	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
 08:30 OLGA 60 MINUTES	 07:10 VIRTUAL 30 MINUTES	 09:00 VIKTORIA 50 MINUTES	 08:30 MARIANA 50 MINUTES	 09:00 ISABEL 50 MINUTES	 08:30 DEEDA 50 MINUTES
 09:40 MARIANA 50 MINUTES	 07:45 VIRTUAL 50 MINUTES	 10:00 VIKTORIA 50 MINUTES	 09:50 YVETTE 45 MINUTES	 10:00 LESLEY 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
 10:40 MARIANA 50 MINUTES	 08:30 VIRTUAL 30 MINUTES	 18:00 VIKTORIA 50 MINUTES	INTERMEDIATE  10:45 YVETTE 45 MINUTES	 17:25 DEBBIE 30 MINUTES	OUTDOORS TICKETS @ BEACH AND POOL RECEPTION
 11:40 LESLEY 45 MINUTES	 09:45 VIRTUAL 45 MINUTES	STUDIO TWO TICKETS @ ART CENTRE	 11:40 YVETTE 45 MINUTES	FLOAT FIT AND YOGA FLOAT INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP	 08:30 SARAH 55 MINUTES
 12:35 ANGE 50 MINUTES	 11:00 VIRTUAL 50 MINUTES		 07:50 RANEEN 50 MINUTES	 12:35 APPOLINE 50 MINUTES	 16:30 NICOLE 50 MINUTES
 15:15 VIRTUAL 60 MINUTES	 13:15 VIRTUAL 50 MINUTES	 09:45 RANEEN 50 MINUTES	 13:35 ANGE 50 MINUTES	FAMILY POOL TICKETS @ BEACH AND POOL RECEPTION	
 17:40 DEEDA 60 MINUTES	 15:40 VIRTUAL 45 MINUTES	 16:50 RANEEN 50 MINUTES	 17:30 MEDINA 50 MINUTES	NO CLASSES	
 18:50 MEDINA 45 MINUTES	 17:00 VIRTUAL 45 MINUTES		 18:30 DEBBIE 45 MINUTES		
	 18:00 VIRTUAL 50 MINUTES		 19:25 HAMDA A 45 MINUTES		
	 19:30 VIRTUAL 30 MINUTES				

AGE GROUP - 13+ AGE GROUP - 16+









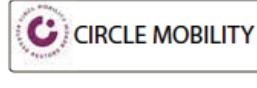














STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
<p>TICKETS @ WELLNESS CENTRE</p>	<p>TICKETS @ WELLNESS CENTRE</p>	<p>TICKETS @ ART CENTRE</p>	<p>TICKETS @ ART CENTRE</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>
<p>07:05 MARCELLENE 50 MINUTES</p> <p>HATHA YOGA</p>	<p>07:10 VIRTUAL 30 MINUTES</p> <p>LES MILLS <i>Sprint</i></p>	<p>12:10 LESLEY 50 MINUTES</p> <p>REFORMER PILATES</p>	<p>08:45 DILIA 55 MINUTES</p> <p>LES MILLS <i>BODYBALANCE</i></p>	<p>09:30 LESLEY 50 MINUTES</p> <p>AQUA AEROBICS</p>	<p>NO CLASSES</p>
<p>EXPRESS</p> <p>08:30 OLGA 30 MINUTES</p> <p>LES MILLS <i>BODYCOMBAT</i></p>	<p>08:30 VIRTUAL 50 MINUTES</p> <p>LES MILLS <i>RPM</i></p>	<p>STUDIO TWO</p>	<p>09:50 DILIA 50 MINUTES</p> <p>PILATES</p>	<p>FAMILY POOL</p>	<p>TENNIS</p>
<p>BEGINNER</p> <p>09:05 SARAH 30 MINUTES</p> <p>STEPS</p>	<p>09:30 VIRTUAL 50 MINUTES</p> <p>LES MILLS <i>RPM</i></p>	<p>TICKETS @ ART CENTRE</p>	<p>INTERMEDIATE</p> <p>10:50 YVETTE 50 MINUTES</p> <p>FLOW YOGA</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	<p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337</p>
<p>INTERMEDIATE</p> <p>09:40 SARAH 50 MINUTES</p> <p>STEP AND TONE</p>	<p>11:00 VIRTUAL 45 MINUTES</p> <p>LES MILLS <i>THE TRIP</i></p>	<p>08:00 DILIA 30 MINUTES</p> <p>LES MILLS <i>sprint</i></p>	<p>11:50 YVETTE 45 MINUTES</p> <p>SOUND HEALING</p>	<p>LADIES ONLY LEARN TO SWIM 18:30 45 MINUTES</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: FEBRUARY 24</p>	<p>PALMATENIS COURT 1 & 2</p>
<p>10:50 LESLEY 60 MINUTES</p> <p>LES MILLS <i>BODYPUMP</i> <i>CORE</i></p>	<p>13:15 VIRTUAL 50 MINUTES</p> <p>LES MILLS <i>RPM</i></p>	<p>09:15 MAI 50 MINUTES</p> <p>LES MILLS <i>RPM</i></p>	<p>17:00 ANGE 50 MINUTES</p> <p>BODY BALLET</p>	<p>6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES)</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: FEBRUARY 24</p>	
<p>12:10 MEDINA 45 MINUTES</p> <p>ZUMBA FITNESS</p>	<p>15:30 VIRTUAL 45 MINUTES</p> <p>LES MILLS <i>THE TRIP</i></p>				
<p>13:30 VIRTUAL 45 MINUTES</p> <p>LES MILLS <i>BODYATTACK</i></p>	<p>17:00 VIRTUAL 50 MINUTES</p> <p>LES MILLS <i>RPM</i></p>				
<p>14:45 VIRTUAL 30 MINUTES</p> <p>LES MILLS <i>BODYBALANCE</i></p>	<p>19:30 VIRTUAL 45 MINUTES</p> <p>LES MILLS <i>THE TRIP</i></p>				
<p>16:00 ANGE 50 MINUTES</p> <p>BELLY FITNESS</p>					
<p>17:00 VIRTUAL 60 MINUTES</p> <p>LES MILLS <i>BODYCOMBAT</i></p>					
<p>18:30 VIRTUAL 30 MINUTES</p> <p>LES MILLS <i>GRIT</i> STREIGHT</p>					
<p>19:30 VIRTUAL 45 MINUTES</p> <p>LES MILLS <i>CORE</i></p>					

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL		STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
<p>TICKETS @ WELLNESS CENTRE</p>	<p>TICKETS @ WELLNESS CENTRE</p>	<p>TICKETS @ ART CENTRE</p>	<p>TICKETS @ ART CENTRE</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>
<p> LES MILLS BODY PUMP 08:30 VIRTUAL 45 MINUTES</p>	<p> LES MILLS RPM 07:30 VIRTUAL 50 MINUTES</p>	<p>NO CLASSES</p>	<p> PILATES 08:30 LAMA 50 MINUTES</p>	<p> AQUA AEROBICS 10:00 NICOLE 50 MINUTES</p>	<p>NO CLASSES</p>
<p> LES MILLS BODY PUMP 09:30 ANCA 45 MINUTES</p>	<p> LES MILLS RPM 08:30 VIRTUAL 30 MINUTES</p>	<p>STUDIO TWO</p>	<p> YIN YOGA 09:45 AISHA 60 MINUTES</p>	<p>FAMILY POOL</p>	<p>TENNIS</p>
<p> H.I.I.T 10:30 PATRICIA 45 MINUTES</p>	<p> LES MILLS THE TRIP 11:00 VIRTUAL 45 MINUTES</p>	<p>TICKETS @ ART CENTRE</p>	<p>ADVANCED  POWER VINAYASA 11:00 SARAH 75 MINUTES</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	<p>NO CLASSES</p>
<p> ZUMBA FITNESS 11:30 LORA 50 MINUTES</p>	<p> LES MILLS RPM 13:15 VIRTUAL 50 MINUTES</p>	<p>NO CLASSES</p>	<p> BODY BALLET 17:00 ANGE 50 MINUTES</p>	<p>NO CLASSES</p>	<p> FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337 COURT 1 & 2</p>
<p> LES MILLS BODY COMBAT 12:30 OLGA 50 MINUTES</p>	<p> LES MILLS THE TRIP 15:15 VIRTUAL 45 MINUTES</p>				
<p> LES MILLS BODY BALANCE 14:15 VIRTUAL 60 MINUTES</p>	<p> LES MILLS RPM 17:00 VIRTUAL 50 MINUTES</p>				
<p> BELLY FITNESS 16:00 ANGE 50 MINUTES</p>	<p> LES MILLS SPRINT 18:30 VIRTUAL 30 MINUTES</p>				
<p> LES MILLS BODY ATTACK 17:00 VIRTUAL 45 MINUTES</p>	<p> LES MILLS THE TRIP 19:30 VIRTUAL 45 MINUTES</p>				
<p> LES MILLS BODY COMBAT 19:30 VIRTUAL 60 MINUTES</p>					

AGE GROUP - 13+

AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	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
 08:30 VIRTUAL 45 MINUTES	 07:10 VIRTUAL 30 MINUTES	NO CLASSES	 09:30 MANAL 50 MINUTES	 09:00 MEDINA 50 MINUTES	NO CLASSES
 09:40 DILIA 60 MINUTES	 08:00 VIRTUAL 30 MINUTES	STUDIO TWO	 10:30 AISHA 50 MINUTES	 10:00 MEDINA 50 MINUTES	TENNIS
 11:00 MEDINA 30 MINUTES	 08:50 VIRTUAL 50 MINUTES	TICKETS @ ART CENTRE	 11:30 MARCELLENE 50 MINUTES	FAMILY POOL	 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
 11:35 MEDINA 50 MINUTES	 09:45 VIRTUAL 45 MINUTES	 08:35 MANAL 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	COURT 1 & 2	
 12:45 ZEIN 50 MINUTES	 11:00 VIRTUAL 30 MINUTES			NO CLASSES	
 17:30 DEEDA 45 MINUTES	 13:15 VIRTUAL 50 MINUTES				
 18:30 DEEDA 60 MINUTES	 17:00 VIRTUAL 45 MINUTES				
 18:00 VIRTUAL 30 MINUTES	 19:30 VIRTUAL 50 MINUTES				