

■ 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><b>H.I.I.T</b> 08:30 SARAH 45 MINUTES</p>	<p><b>LES MILLS sprint</b> 07:10 VIRTUAL 30 MINUTES</p>	<p>BEGINNERS <b>REFORMER PILATES</b> 10:00 VIKTORIA 50 MINUTES</p>	<p><b>PILATES</b> 08:35 MONA 45 MINUTES</p>	<p><b>AQUA AEROBICS</b> 09:00 ISABEL 50 MINUTES</p>	<p>NO CLASSES</p>
<p><b>tone</b> 09:30 DILIA 50 MINUTES</p>	<p><b>LES MILLS sprint</b> 08:00 VIRTUAL 30 MINUTES</p>	<p><b>REFORMER PILATES</b> 11:15 MONA 50 MINUTES</p>	<p><b>ALIGNED PILATES</b> 09:30 MONA 45 MINUTES</p>	<p><b>AQUA AEROBICS</b> 10:00 ISABEL 50 MINUTES</p>	<p>OUTDOORS</p>
<p><b>LES MILLS BODYPUMP</b> 10:35 LESLEY 60 MINUTES</p>	<p><b>LES MILLS THE TRIP</b> 08:45 VIRTUAL 45 MINUTES</p>	<p><b>REFORMER PILATES</b> 19:00 VIKTORIA 50 MINUTES</p>	<p><b>HATHA YOGA</b> 10:25 MONA 45 MINUTES</p>	<p><b>AQUA AEROBICS</b> 16:30 MEDINA 50 MINUTES</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p> <p>NO CLASSES</p>
<p><b>LATIN X</b> 12:00 ISABEL 50 MINUTES</p>	<p><b>LES MILLS THE TRIP</b> 09:40 VIRTUAL 45 MINUTES</p>	<p>STUDIO TWO</p>	<p><b>LES MILLS BODYBALANCE</b> 11:45 CATE 55 MINUTES</p>	<p>MAINTENANCE DAY</p>	<p>TENNIS</p>
<p><b>BELLY FITNESS</b> 13:00 ZEIN 50 MINUTES</p>	<p><b>LES MILLS sprint</b> 11:10 VIRTUAL 30 MINUTES</p>	<p>TICKETS @ ART CENTER</p>	<p><b>STRETCH</b> 12:50 YVETTE 45 MINUTES</p>	<p>FAMILY POOL</p>	<p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337</p>
<p><b>LES MILLS DANCE</b> 15:00 VIRTUAL 60 MINUTES</p>	<p><b>LES MILLS RPM</b> 13:15 VIRTUAL 50 MINUTES</p>	<p><b>LES MILLS sprint</b> 08:00 DILIA 30 MINUTES</p>	<p><b>GENTLE YOGA</b> 17:00 JANET 60 MINUTES</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	<p><b>PALMATENIS</b> COURT 1 &amp; 2</p>
<p><b>LES MILLS CORE</b> 17:00 LAMA 45 MINUTES</p>	<p><b>LES MILLS RPM</b> 15:40 VIRTUAL 30 MINUTES</p>	<p><b>LES MILLS RPM</b> 08:40 ANCA 45 MINUTES</p>	<p><b>BODY BALLET</b> 18:10 ANGE 60 MINUTES</p>	<p><b>LADIES ONLY LEARN TO SWIM</b> FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p>	
<p><b>BODY CONDITIONING</b> 18:00 HAMDA A 60 MINUTES</p>	<p><b>LES MILLS THE TRIP</b> 17:00 VIRTUAL 45 MINUTES</p>	<p><b>DYNAMIC CYCLE</b> 09:35 RANEEN 45 MINUTES</p>		<p><b>6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES)</b> FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p>	
<p><b>BELLY FITNESS</b> 19:15 ANGE 50 MINUTES</p>	<p><b>LES MILLS RPM</b> 19:15 VIRTUAL 50 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
<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p><b>LES MILLS BODYPUMP</b> 08:30 MARIANA 50 MINUTES</p>	<p>07:10 VIRTUAL <b>LES MILLS SPRINT</b> 30 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>10:00 VIKTORIA <b>REFORMER PILATES</b> 50 MINUTES</p>	<p>INTERMEDIATE</p> <p>08:30 SARAH <b>FLOW YOGA</b> 60 MINUTES</p>	<p>09:00 NICOLE <b>AQUA AEROBICS</b> 50 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>08:30 DEEDA <b>WOD</b> 60 MINUTES</p>
<p>09:30 LESLEY <b>LES MILLS CORE</b> 30 MINUTES</p>	<p>08:30 VIRTUAL <b>LES MILLS RPM</b> 50 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>12:00 LESLEY <b>REFORMER PILATES JUMP</b> 50 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>09:45 MARIANA <b>PILATES</b> 50 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>10:30 LESLEY <b>AQUA AEROBICS</b> 50 MINUTES</p>	<p>WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP</p>
<p>10:10 SARAH <b>STRETCH</b> 60 MINUTES</p>	<p>09:35 VIRTUAL <b>LES MILLS RPM</b> 50 MINUTES</p>	<p><b>STUDIO TWO</b></p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>10:45 MARIANA <b>LES MILLS CORE</b> 45 MINUTES</p>	<p>16:30 APPOLINE <b>AQUA AEROBICS</b> 50 MINUTES</p>	<p><b>OUTDOORS</b></p> <p>TICKETS @ BEACH AND POOL RECEPTION</p>
<p>11:20 ANGE <b>BELLY FITNESS</b> 50 MINUTES</p>	<p>11:00 VIRTUAL <b>LES MILLS THE TRIP</b> 45 MINUTES</p>		<p>TICKETS @ ART CENTRE</p>	<p>12:20 ANGE <b>BODY BALLET</b> 50 MINUTES</p>	
<p>12:20 APPOLINE <b>ZUMBA FITNESS</b> 60 MINUTES</p>	<p>13:15 VIRTUAL <b>LES MILLS THE TRIP</b> 45 MINUTES</p>	<p>07:50 RANEEN <b>FREESTYLE CYCLE</b> 45 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>18:00 LUCY <b>SWING YOGA</b> 50 MINUTES</p>	<p>08:00 NICOLE <b>AQUA AEROBICS</b> 50 MINUTES</p>	<p><b>TENNIS</b></p>
<p>13:30 APPOLINE <b>CIRCLE MOBILITY</b> 30 MINUTES</p>	<p>15:40 VIRTUAL <b>LES MILLS RPM</b> 50 MINUTES</p>	<p>09:35 MANAL <b>LES MILLS RPM EXTREME</b> 50 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>19:00 LUCY <b>HATHA YOGA</b> 50 MINUTES</p>		
<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>18:15 PATRICIA <b>LES MILLS BODYPUMP</b> 45 MINUTES</p>	<p>17:00 VIRTUAL <b>LES MILLS RPM</b> 45 MINUTES</p>	<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>17:15 PATRICIA <b>FREESTYLE CYCLE</b> 45 MINUTES</p>			<p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337</p>
<p>CLASS START ON APRIL 8<sup>TH</sup> 2025</p> <p>19:15 PATRICIA <b>TONE &amp; SCULPT</b> 45 MINUTES</p>	<p>19:30 VIRTUAL <b>LES MILLS THE TRIP</b> 50 MINUTES</p>				<p><b>PALMATENIS</b> COURT 1 &amp; 2</p>
<p>20:10 VIRTUAL <b>LES MILLS BODYBALANCE</b> 55 MINUTES</p>					

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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
<p><b>08:30 DEEDA</b> 60 MINUTES</p>	<p><b>07:10 VIRTUAL</b> 30 MINUTES</p>	<p><b>09:30 MONA</b> 50 MINUTES</p>	<p><b>08:35 MONA</b> 50 MINUTES</p>	<p><b>09:00 VIKTORIA</b> 50 MINUTES</p>	<p><b>08:30 SARAH</b> 55 MINUTES</p>
<p><b>09:40 DEEDA</b> 45 MINUTES</p>	<p><b>07:50 VIRTUAL</b> 30 MINUTES</p>	<p><b>10:30 MONA</b> 50 MINUTES</p>	<p>ADVANCED</p> <p><b>09:35 SARAH</b> 50 MINUTES</p>	<p><b>10:00 NICOLE</b> 50 MINUTES</p>	<p><b>OUTDOORS</b></p>
<p><b>10:40 CATE</b> 45 MINUTES</p>	<p><b>08:30 VIRTUAL</b> 50 MINUTES</p>	<p><b>STUDIO TWO</b></p>		<p><b>16:30 APPOLINE</b> 50 MINUTES</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>
<p><b>11:35 ISABEL</b> 60 MINUTES</p>	<p><b>10:00 VIRTUAL</b> 45 MINUTES</p>	<p>TICKETS @ ART CENTRE</p>	<p><b>10:35 VIKTORIA</b> 50 MINUTES</p>	<p><b>FAMILY POOL</b></p>	
<p><b>12:45 ANGE</b> 50 MINUTES</p>	<p><b>11:00 VIRTUAL</b> 50 MINUTES</p>	<p><b>07:40 RANEEN</b> 45 MINUTES</p>	<p><b>11:35 CATE</b> 55 MINUTES</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	
<p><b>15:00 VIRTUAL</b> 30 MINUTES</p>	<p><b>13:15 VIRTUAL</b> 45 MINUTES</p>	<p><b>08:30 MANAL</b> 50 MINUTES</p>	<p><b>12:40 ISABEL</b> 45 MINUTES</p>	<p><b>LADIES ONLY LEARN TO SWIM</b></p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p>	
<p>BEGINNER</p> <p><b>16:30 SARAH</b> 60 MINUTES</p>	<p><b>15:15 VIRTUAL</b> 30 MINUTES</p>			<p><b>13:45 ANGE</b> 50 MINUTES</p>	<p><b>6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES)</b></p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p>
<p><b>17:30 LAMA</b> 60 MINUTES</p>	<p><b>17:00 VIRTUAL</b> 45 MINUTES</p>			<p><b>16:00 LAMA</b> 55 MINUTES</p>	
<p>CLASS START ON APRIL 9<sup>TH</sup> 2025</p> <p><b>18:40 NOUR A</b> 50 MINUTES</p>	<p><b>19:45 VIRTUAL</b> 45 MINUTES</p>			<p><b>17:00 MARCELLENE</b> 60 MINUTES</p>	
<p><b>19:40 APPOLINE</b> 50 MINUTES</p>			<p><b>18:10 MARCELLENE</b> 50 MINUTES</p>		
				<p><b>19:10 DEEDA</b> 50 MINUTES</p>	
<p><b>PALMATENIS COURT 1 &amp; 2</b></p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337</p>					
























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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
 <b>08:30</b> <b>OLGA</b> 60 MINUTES	 <b>07:10</b> <b>VIRTUAL</b> 30 MINUTES	 <b>09:00</b> <b>VIKTORIA</b> 50 MINUTES	 <b>08:30</b> <b>MARIANA</b> 50 MINUTES	 <b>09:00</b> <b>ISABEL</b> 50 MINUTES	CLASS START ON APRIL 10 <sup>TH</sup> 2025  <b>08:30</b> <b>DEEDA</b> 50 MINUTES
 <b>09:40</b> <b>MARIANA</b> 50 MINUTES	 <b>07:45</b> <b>VIRTUAL</b> 50 MINUTES	 <b>10:00</b> <b>VIKTORIA</b> 50 MINUTES	 <b>09:50</b> <b>YVETTE</b> 45 MINUTES	 <b>10:00</b> <b>LESLEY</b> 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
 <b>10:40</b> <b>MARIANA</b> 50 MINUTES	 <b>08:30</b> <b>VIRTUAL</b> 30 MINUTES	 <b>18:00</b> <b>VIKTORIA</b> 50 MINUTES	INTERMEDIATE  <b>10:45</b> <b>YVETTE</b> 45 MINUTES	 <b>17:25</b> <b>DEBBIE</b> 30 MINUTES	 <b>09:30</b> <b>SARAH</b> 55 MINUTES
 <b>11:40</b> <b>LESLEY</b> 45 MINUTES	 <b>09:45</b> <b>VIRTUAL</b> 45 MINUTES	<b>STUDIO TWO</b>	 <b>11:40</b> <b>YVETTE</b> 45 MINUTES	FLOAT FIT AND YOGA FLOAT INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP	<b>OUTDOORS</b> TICKETS @ BEACH AND POOL RECEPTION
 <b>12:35</b> <b>ANGE</b> 50 MINUTES	 <b>11:00</b> <b>VIRTUAL</b> 50 MINUTES		TICKETS @ ART CENTRE	 <b>12:35</b> <b>APPOLINE</b> 50 MINUTES	
 <b>15:15</b> <b>VIRTUAL</b> 60 MINUTES	 <b>13:15</b> <b>VIRTUAL</b> 50 MINUTES	 <b>07:50</b> <b>RANEEN</b> 50 MINUTES	 <b>13:35</b> <b>ANGE</b> 50 MINUTES	<b>FAMILY POOL</b> TICKETS @ BEACH AND POOL RECEPTION	<b>TENNIS</b>
 <b>17:40</b> <b>DEEDA</b> 60 MINUTES	 <b>15:40</b> <b>VIRTUAL</b> 45 MINUTES	 <b>09:45</b> <b>RANEEN</b> 50 MINUTES	 <b>17:30</b> <b>MEDINA</b> 50 MINUTES		
<b>TONE &amp; SCULPT</b> <b>18:50</b> <b>MEDINA</b> 45 MINUTES	 <b>17:00</b> <b>VIRTUAL</b> 45 MINUTES	 <b>16:50</b> <b>RANEEN</b> 50 MINUTES	 <b>18:30</b> <b>DEBBIE</b> 45 MINUTES	<b>NO CLASSES</b>	 <b>COURT 1 &amp; 2</b> FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
 <b>18:00</b> <b>VIRTUAL</b> 50 MINUTES	 <b>19:30</b> <b>VIRTUAL</b> 30 MINUTES	 <b>19:25</b> <b>HAMDA A</b> 45 MINUTES			









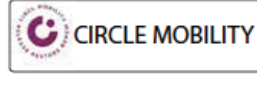















AGE GROUP - 13+    AGE GROUP - 16+

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

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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
 <b>08:30 VIRTUAL</b> 45 MINUTES	 <b>07:30 VIRTUAL</b> 50 MINUTES	NO CLASSES	 <b>08:45 LAMA</b> 50 MINUTES	 <b>10:00 NICOLE</b> 50 MINUTES	NO CLASSES
 <b>09:30 ANCA</b> 45 MINUTES	 <b>08:30 VIRTUAL</b> 30 MINUTES	STUDIO TWO	 <b>09:45 AISHA</b> 60 MINUTES	FAMILY POOL	TENNIS
 <b>10:30 PATRICIA</b> 45 MINUTES	 <b>11:00 VIRTUAL</b> 45 MINUTES	TICKETS @ ART CENTRE	ADVANCED  <b>11:00 SARAH</b> 75 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	 FOR BOOKINGS AND INQUIRY PLEASE CALL:  050 860 8337  COURT 1 & 2
 <b>11:30 LORA</b> 50 MINUTES	 <b>13:15 VIRTUAL</b> 50 MINUTES	NO CLASSES	 <b>17:00 ANGE</b> 50 MINUTES	NO CLASSES	
 <b>12:30 PATRICIA</b> 50 MINUTES	 <b>15:15 VIRTUAL</b> 45 MINUTES				
 <b>14:15 VIRTUAL</b> 60 MINUTES	 <b>17:00 VIRTUAL</b> 50 MINUTES				
 <b>16:00 ANGE</b> 50 MINUTES	 <b>18:30 VIRTUAL</b> 30 MINUTES				
 <b>17:00 VIRTUAL</b> 45 MINUTES	 <b>19:30 VIRTUAL</b> 45 MINUTES				
 <b>19:30 VIRTUAL</b> 60 MINUTES					

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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
 <b>08:30 VIRTUAL</b> 45 MINUTES	 <b>07:10 VIRTUAL</b> 30 MINUTES	NO CLASSES	 <b>09:30 MANAL</b> 50 MINUTES	 <b>09:00 MEDINA</b> 50 MINUTES	NO CLASSES
 <b>09:40 DILIA</b> 60 MINUTES	 <b>08:00 VIRTUAL</b> 30 MINUTES	STUDIO TWO	 <b>10:30 AISHA</b> 50 MINUTES	 <b>10:00 MEDINA</b> 50 MINUTES	TENNIS
 <b>11:00 MEDINA</b> 30 MINUTES	 <b>08:50 VIRTUAL</b> 50 MINUTES	TICKETS @ ART CENTRE	 <b>11:30 MARCELLENE</b> 45 MINUTES	FAMILY POOL	 FOR BOOKINGS AND INQUIRY PLEASE CALL:  050 860 8337
 <b>11:35 MEDINA</b> 50 MINUTES	 <b>09:45 VIRTUAL</b> 45 MINUTES	 <b>08:35 MANAL</b> 50 MINUTES	 <b>12:30 MARCELLENE</b> 45 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	
 <b>12:45 ZEIN</b> 50 MINUTES	 <b>11:00 VIRTUAL</b> 30 MINUTES		NO CLASSES		
CLASS START ON APRIL 6 <sup>TH</sup> 2025  <b>17:30 DEEDA</b> 45 MINUTES	 <b>13:15 VIRTUAL</b> 50 MINUTES				
CLASS START ON APRIL 6 <sup>TH</sup> 2025  <b>18:30 DEEDA</b> 45 MINUTES	 <b>17:00 VIRTUAL</b> 45 MINUTES				
	 <b>18:00 VIRTUAL</b> 30 MINUTES				
	 <b>19:30 VIRTUAL</b> 50 MINUTES				