

RAMADAN 2025

MONDAY

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE

TICKETS @ WELLNESS CENTRE

H.I.I.T 09:00 SARAH
45 MINUTES

BODY CONDITIONING 10:00 DILIA
50 MINUTES

LESMILLS BODYPUMP 11:00 LESLEY
60 MINUTES

LESMILLS CORE 17:00 LAMA
45 MINUTES

BODY CONDITIONING 21:00 HAMDA A
60 MINUTES

LESMILLS BODYCOMBAT 22:10 HAMDA A
50 MINUTES

STUDIO PEDAL

TICKETS @ WELLNESS CENTRE

LESMILLS THE TRIP 08:45 VIRTUAL
50 MINUTES

LESMILLS THE TRIP 09:40 VIRTUAL
50 MINUTES

LESMILLS sprint 11:10 VIRTUAL
30 MINUTES

LESMILLS RPM 13:15 VIRTUAL
50 MINUTES

LESMILLS RPM 15:40 VIRTUAL
30 MINUTES

LESMILLS THE TRIP 17:00 VIRTUAL
45 MINUTES

LESMILLS RPM 19:30 VIRTUAL
50 MINUTES

REFORMER PILATES STUDIO

TICKETS @ ART CENTRE

BEGINNERS REFORMER PILATES 10:00 VIKTORIA
50 MINUTES

REFORMER PILATES 11:00 MONA
50 MINUTES

REFORMER PILATES 16:30 VIKTORIA
50 MINUTES

STUDIO TWO

TICKETS @ ART CENTER

LESMILLS sprint 09:00 DILIA
30 MINUTES

LESMILLS RPM 09:40 ANCA
45 MINUTES

CYCLE DYNAMC 21:00 RANEEN
45 MINUTES

STUDIO MIND & BODY

TICKETS @ ART CENTRE

ALIGNED PILATES 09:00 MONA
45 MINUTES

HATHA YOGA 10:00 MONA
45 MINUTES

LESMILLS BODYBALANCE 11:15 CATE
55 MINUTES

GENTLE YOGA 17:00 JANET
60 MINUTES

PILATES 20:30 ISABEL
50 MINUTES

STRETCH 21:30 ISABEL
50 MINUTES

MEMBERS POOL

TICKETS @ BEACH AND POOL RECEPTION

AQUA AEROBICS 16:00 MEDINA
50 MINUTES

MAINTENANCE DAY

FAMILY POOL

TICKETS @ BEACH AND POOL RECEPTION

LADIES ONLY LEARN TO SWIM 18:30 45 MINUTES
FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747
START DATE: FEBRUARY 24

6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES)
FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747
START DATE: FEBRUARY 24

OCTAGYM

TICKETS @ BEACH AND POOL RECEPTION

NO CLASSES

OUTDOORS






















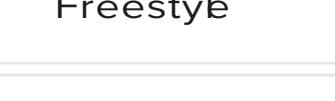



TICKETS @ BEACH AND POOL RECEPTION

NO CLASSES


























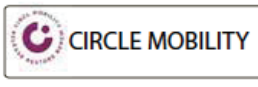
TENNIS

PALMATENIS COURT 1 & 2
FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337




























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>09:00 MARIANA 50 MINUTES</p>	 <p>08:30 VIRTUAL 50 MINUTES</p>	 <p>10:00 VIKTORIA 50 MINUTES</p>	<p>INTERMEDIATE</p>  <p>09:00 SARAH 60 MINUTES</p>	 <p>10:30 NICOLE 50 MINUTES</p>	NO CLASSES
 <p>10:00 LESLEY 30 MINUTES</p>	 <p>09:35 VIRTUAL 50 MINUTES</p>	 <p>11:00 LESLEY 50 MINUTES</p>	 <p>10:00 MARIANA 50 MINUTES</p>	 <p>16:30 APPOLINE 50 MINUTES</p>	OUTDOORS
 <p>10:35 SARAH 60 MINUTES</p>	 <p>11:00 VIRTUAL 45 MINUTES</p>	<p>STUDIO TWO</p>	 <p>11:00 MARIANA 45 MINUTES</p>	<p>FAMILY POOL</p>	TICKETS @ BEACH AND POOL RECEPTION
 <p>17:00 VIRTUAL 60 MINUTES</p>	 <p>13:15 VIRTUAL 45 MINUTES</p>		TICKETS @ ART CENTRE		 <p>22:00 MANAL 55 MINUTES</p>
 <p>21:00 PATRICIA 45 MINUTES</p>	 <p>15:40 VIRTUAL 50 MINUTES</p>	 <p>10:00 MAI 50 MINUTES</p>	 <p>20:00 PATRICIA 45 MINUTES</p>	NO CLASSES	TENNIS
<p>TONE SCULPT</p> <p>21:50 PATRICIA 45 MINUTES</p>	 <p>17:00 VIRTUAL 45 MINUTES</p>	 <p>20:00 PATRICIA 45 MINUTES</p>			
 <p>19:30 VIRTUAL 50 MINUTES</p>	 <p>19:30 VIRTUAL 50 MINUTES</p>	 <p>21:00 MANAL 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>09:00 CATE 45 MINUTES</p>	 <p>08:30 VIRTUAL 50 MINUTES</p>	 <p>10:00 MONA 50 MINUTES</p>	 <p>09:00 MONA 50 MINUTES</p>	 <p>09:30 VIKTORIA 50 MINUTES</p>	NO CLASSES
 <p>10:00 CATE 45 MINUTES</p>	 <p>10:00 VIRTUAL 45 MINUTES</p>	STUDIO TWO	<p>ADVANCED</p>  <p>10:00 SARAH 50 MINUTES</p>	FAMILY POOL	OUTDOORS
<p>BODY CONDITIONING</p> <p>11:00 ISABEL 60 MINUTES</p>	 <p>11:00 VIRTUAL 50 MINUTES</p>		TICKETS @ ART CENTRE		
 <p>15:00 VIRTUAL 30 MINUTES</p>	 <p>13:15 VIRTUAL 45 MINUTES</p>	 <p>10:00 MAI 45 MINUTES</p>	 <p>12:00 ISABEL 45 MINUTES</p>	<p>BABY SWIM (12-36 MONTHS) MORNING CLASSES</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: MARCH 5</p>	 <p>09:00 SARAH 55 MINUTES</p>
<p>BEGINNER</p>  <p>16:00 SARAH 50 MINUTES</p>	 <p>15:15 VIRTUAL 30 MINUTES</p>	 <p>20:00 MANAL 50 MINUTES</p>	 <p>16:00 LAMA 55 MINUTES</p>		<p>LADIES ONLY LEARN TO SWIM 45 MINUTES</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: FEBRUARY 24</p>
 <p>17:00 LAMA 45 MINUTES</p>	 <p>17:00 VIRTUAL 45 MINUTES</p>	 <p>17:05 MARCELLENE 50 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>COURT 1 & 2</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337</p>	
<p>BODY CONDITIONING</p> <p>21:00 APPOLINE 50 MINUTES</p>	 <p>19:30 VIRTUAL 45 MINUTES</p>	 <p>18:05 MARCELLENE 50 MINUTES</p>			 <p>21:00 MANAL 55 MINUTES</p>
 <p>22:00 APPOLINE 30 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		
 09:00 CATE 45 MINUTES	 08:30 VIRTUAL 30 MINUTES	 10:00 VIKTORIA 50 MINUTES	 09:00 MARIANA 50 MINUTES	 09:30 ISABEL 50 MINUTES	NO CLASSES		
 10:00 MARIANA 50 MINUTES	 09:45 VIRTUAL 45 MINUTES	 16:30 VIKTORIA 50 MINUTES	 10:15 YVETTE 45 MINUTES	 16:00 DEBBIE 30 MINUTES	OUTDOORS		
 11:00 LESLEY 45 MINUTES	 11:00 VIRTUAL 50 MINUTES	STUDIO TWO	 11:10 YVETTE 45 MINUTES	FLOAT FIT AND YOGA FLOAT INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP	TICKETS @ BEACH AND POOL RECEPTION		
 15:15 VIRTUAL 60 MINUTES	 13:15 VIRTUAL 50 MINUTES		TICKETS @ ART CENTRE		 17:00 DEBBIE 45 MINUTES	 16:30 NICOLE 50 MINUTES	 09:00 SARAH 55 MINUTES
 20:00 MEDINA 60 MINUTES	 15:40 VIRTUAL 45 MINUTES	 10:00 MAI 50 MINUTES		FAMILY POOL	TENNIS		
 21:00 MEDINA 45 MINUTES	 17:00 VIRTUAL 45 MINUTES	 21:00 RANEEN 50 MINUTES				TICKETS @ BEACH AND POOL RECEPTION	 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
	 18:00 VIRTUAL 50 MINUTES					NO CLASSES	
	 19:30 VIRTUAL 30 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
<p>BEGINNER</p> <p>09:00 SARAH</p> <p>30 MINUTES</p> <p>STEPS</p>	<p>08:30 VIRTUAL</p> <p>50 MINUTES</p> <p>LES MILLS RPM</p>	<p>12:10 LESLEY</p> <p>50 MINUTES</p> <p>REFORMER PILATES</p>	<p>09:30 DILIA</p> <p>55 MINUTES</p> <p>LES MILLS BODYBALANCE</p>	<p>09:30 LESLEY</p> <p>50 MINUTES</p> <p>AQUA AEROBICS</p>	<p>NO CLASSES</p>
<p>INTERMEDIATE</p> <p>09:35 SARAH</p> <p>50 MINUTES</p> <p>STEP AND TONE</p>	<p>09:30 VIRTUAL</p> <p>50 MINUTES</p> <p>LES MILLS RPM</p>	<p>STUDIO TWO</p>	<p>10:35 DILIA</p> <p>50 MINUTES</p> <p>PILATES</p>	<p>FAMILY POOL</p>	<p>TENNIS</p>
<p>11:00 LESLEY</p> <p>60 MINUTES</p> <p>LES MILLS BODYPUMP CORE</p>	<p>11:00 VIRTUAL</p> <p>45 MINUTES</p> <p>LES MILLS THE TRIP</p>	<p>TICKETS @ ART CENTRE</p>	<p>11:30 YVETTE</p> <p>40 MINUTES</p> <p>STRETCH</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	<p>FOR BOOKINGS AND INQUIRY PLEASE CALL:</p> <p>050 860 8337</p> <p>COURT 1 & 2</p>
<p>13:30 VIRTUAL</p> <p>45 MINUTES</p> <p>LES MILLS BODYATTACK</p>	<p>13:15 VIRTUAL</p> <p>50 MINUTES</p> <p>LES MILLS RPM</p>	<p>08:30 DILIA</p> <p>30 MINUTES</p> <p>LES MILLS SPRINT</p>	<p>12:15 YVETTE</p> <p>45 MINUTES</p> <p>SOUND HEALING</p>	<p>LADIES ONLY LEARN TO SWIM 18:30</p> <p>45 MINUTES</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: FEBRUARY 24</p>	<p>PALMATENIS</p>
<p>14:45 VIRTUAL</p> <p>30 MINUTES</p> <p>LES MILLS BODYBALANCE</p>	<p>15:30 VIRTUAL</p> <p>45 MINUTES</p> <p>LES MILLS THE TRIP</p>	<p>10:00 MAI</p> <p>50 MINUTES</p> <p>LES MILLS RPM</p>		<p>6 WEEKS COURSE KIDS LEARN TO SWIM</p> <p>(AFTERNOON CLASSES)</p> <p>FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747</p> <p>START DATE: FEBRUARY 24</p>	
<p>17:00 VIRTUAL</p> <p>60 MINUTES</p> <p>LES MILLS BODYCOMBAT</p>	<p>17:00 VIRTUAL</p> <p>50 MINUTES</p> <p>LES MILLS RPM</p>				
<p>18:30 VIRTUAL</p> <p>30 MINUTES</p> <p>LES MILLS GRIT STREIGHT</p>	<p>19:30 VIRTUAL</p> <p>45 MINUTES</p> <p>LES MILLS THE TRIP</p>				
<p>19:30 VIRTUAL</p> <p>45 MINUTES</p> <p>LES MILLS CORE</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
 LES MILLS BODYPUMP 08:30 VIRTUAL 45 MINUTES	 LES MILLS RPM 08:30 VIRTUAL 30 MINUTES	NO CLASSES	 YIN YOGA 09:45 AISHA 60 MINUTES	 AQUA AEROBICS 10:00 NICOLE 50 MINUTES	NO CLASSES
 LES MILLS BODYPUMP 10:00 ANCA 45 MINUTES	 LES MILLS THE TRIP 11:00 VIRTUAL 45 MINUTES	STUDIO TWO	ADVANCED  POWER VINYASA 11:00 SARAH 75 MINUTES	FAMILY POOL	TENNIS
 LES MILLS BODYBALANCE 14:15 VIRTUAL 60 MINUTES	 LES MILLS RPM 13:15 VIRTUAL 50 MINUTES	TICKETS @ ART CENTRE	NO CLASSES	TICKETS @ BEACH AND POOL RECEPTION	
 LES MILLS BODYPUMP 16:15 PATRICIA 45 MINUTES	 LES MILLS THE TRIP 15:15 VIRTUAL 45 MINUTES	NO CLASSES		NO CLASSES	 PALMATENNIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
 H.I.I.T 17:10 PATRICIA 45 MINUTES	 LES MILLS RPM 17:00 VIRTUAL 50 MINUTES				
 LES MILLS BODYCOMBAT 19:30 VIRTUAL 60 MINUTES	 LES MILLS SPRINT 18:30 VIRTUAL 30 MINUTES				
	 LES MILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				

RAMADAN 2025

SUNDAY

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
 LesMILLS BODYPUMP 08:30 VIRTUAL 45 MINUTES	 LesMILLS RPM 08:50 VIRTUAL 50 MINUTES	NO CLASSES	 YIN YOGA 10:30 AISHA 50 MINUTES	 AQUA AEROBICS 09:30 MEDINA 50 MINUTES	NO CLASSES
 LesMILLS BODYPUMP 09:30 DILIA 60 MINUTES	 LesMILLS THE TRIP 09:45 VIRTUAL 45 MINUTES	STUDIO TWO	 HATHA YOGA 11:30 MARCELLENE 50 MINUTES	FAMILY POOL	TENNIS
 CIRCLE MOBILITY 10:40 MEDINA 45 MINUTES	 LesMILLS sprint 11:00 VIRTUAL 30 MINUTES	 TICKETS @ ART CENTRE	 LesMILLS BODYBALANCE 21:00 MANAL 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	 PALMATENNIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
 STRONG NATION 11:30 MEDINA 50 MINUTES	 LesMILLS RPM 13:15 VIRTUAL 50 MINUTES	 LesMILLS RPM EXTREME 20:00 MANAL 50 MINUTES	NO CLASSES		
 LesMILLS BODYPUMP 20:00 LAMA 45 MINUTES	 LesMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				
 LesMILLS CORE 21:00 LAMA 45 MINUTES	 LesMILLS sprint 18:00 VIRTUAL 30 MINUTES				
	 LesMILLS RPM 19:30 VIRTUAL 50 MINUTES				