

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
AGE GROUP - 16+ H.I.I.T08:30 SARAH45 MINUTES	AGE GROUP - 16+ LES MILLS <i>sprint</i>07:10 VIRTUAL30 MINUTES	AGE GROUP - 16+ REFORMER PILATES08:50 DILIA45 MINUTES	AGE GROUP - 16+ PILATES08:35 MONA45 MINUTES	AGE GROUP - 16+ AQUA AEROBICS09:00 ISABEL50 MINUTES	NO CLASSES
AGE GROUP - 16+ tone09:45 DILIA50 MINUTES	AGE GROUP - 16+ LES MILLS <i>sprint</i>08:00 VIRTUAL30 MINUTES	AGE GROUP - 16+ BEGINNERSREFORMER PILATES10:00 VIKTORIA50 MINUTES	AGE GROUP - 16+ ALIGNED PILATES09:30 MONA45 MINUTES	AGE GROUP - 16+ AQUA AEROBICS10:00 ISABEL50 MINUTES	OUTDOORS
AGE GROUP - 16+ LES MILLS <i>BODYPUMP</i>10:40 LESLEY60 MINUTES	AGE GROUP - 13+ LES MILLS <i>THE TRIP</i>08:45 VIRTUAL45 MINUTES	AGE GROUP - 16+ REFORMER PILATES11:15 MONA50 MINUTES	AGE GROUP - 13+ HATHA YOGA10:25 MONA45 MINUTES	AGE GROUP - 16+ AQUA AEROBICS16:30 MEDINA50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION
AGE GROUP - 13+ LATIN X12:00 ISABEL50 MINUTES	AGE GROUP - 13+ LES MILLS <i>THE TRIP</i>09:40 VIRTUAL45 MINUTES	STUDIO TWO		MAINTENANCE DAY	
AGE GROUP - 13+ BELLY FITNESS13:00 ZEIN50 MINUTES	AGE GROUP - 16+ LES MILLS <i>sprint</i>11:10 VIRTUAL30 MINUTES	TICKETS @ ART CENTER	AGE GROUP - 13+ STRETCH12:50 YVETTE45 MINUTES	FAMILY POOL	
AGE GROUP - 16+ LES MILLS <i>DANCE</i>15:00 VIRTUAL60 MINUTES	AGE GROUP - 13+ LES MILLS <i>RPM</i>13:15 VIRTUAL50 MINUTES	AGE GROUP - 13+ LES MILLS <i>sprint</i>08:00 DILIA30 MINUTES	AGE GROUP - 16+ PILATES16:00 LAMA50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	
AGE GROUP - 16+ LES MILLS <i>CORE</i>17:00 LAMA45 MINUTES	AGE GROUP - 13+ LES MILLS <i>RPM</i>15:40 VIRTUAL30 MINUTES	AGE GROUP - 16+ LES MILLS <i>RPM</i>08:40 ANCA45 MINUTES	AGE GROUP - 13+ GENTLE YOGA17:00 JANET60 MINUTES	LADIES ONLY LEARN TO SWIM FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747	
AGE GROUP - 16+ BODY CONDITIONING18:00 HAMDA A60 MINUTES	AGE GROUP - 13+ LES MILLS <i>THE TRIP</i>17:00 VIRTUAL45 MINUTES	AGE GROUP - 13+ DYNAMIC CYCLE09:35 RANEEN45 MINUTES	AGE GROUP - 13+ BODY BALLET18:10 ANGE60 MINUTES	6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES) FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747	
AGE GROUP - 13+ BELLY FITNESS19:15 ANGE50 MINUTES	AGE GROUP - 13+ LES MILLS <i>RPM</i>19:15 VIRTUAL50 MINUTES			PALMATENIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337	

MAY 2025

TUESDAY

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 LES MILLS BODYPUMP	07:10 VIRTUAL 30 MINUTES LES MILLS sprint	10:00 VIKTORIA 50 MINUTES REFORMER PILATES	INTERMEDIATE 08:30 SARAH 60 MINUTES FLOW YOGA	09:00 NICOLE 50 MINUTES AQUA AEROBICS	08:30 DEEDA 60 MINUTES WOD WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
09:30 LESLEY 30 MINUTES LES MILLS CORE	08:30 VIRTUAL 50 MINUTES LES MILLS RPM	12:00 LESLEY 50 MINUTES REFORMER PILATES JUMP	09:45 MARIANA 50 MINUTES PILATES	10:30 LESLEY 50 MINUTES AQUA AEROBICS	OUTDOORS
10:10 SARAH 60 MINUTES STRETCH	09:35 VIRTUAL 50 MINUTES LES MILLS RPM	STUDIO TWO		16:30 APPOLINE 50 MINUTES AQUA AEROBICS	
11:20 ANGE 50 MINUTES BELLY FITNESS	11:00 VIRTUAL 45 MINUTES LES MILLS THE TRIP	TICKETS @ ART CENTRE	12:20 ANGE 50 MINUTES BODY BALLET	FAMILY POOL	
12:20 APPOLINE 60 MINUTES ZUMBA FITNESS	13:15 VIRTUAL 45 MINUTES LES MILLS THE TRIP	07:50 RANEEN 45 MINUTES FREESTYLE CYCLE	18:00 ISABLE 50 MINUTES SWING YOGA	TICKETS @ BEACH AND POOL RECEPTION	TENNIS
13:30 APPOLINE 30 MINUTES CIRCLE MOBILITY	15:40 VIRTUAL 50 MINUTES LES MILLS RPM	09:35 MANAL 50 MINUTES LES MILLS RPM EXTREME	19:00 ISABLE 50 MINUTES HATHA YOGA	08:00 NICOLE 50 MINUTES AQUA AEROBICS	
18:15 PATRICIA 45 MINUTES LES MILLS BODYPUMP	17:00 VIRTUAL 45 MINUTES LES MILLS RPM	17:15 PATRICIA 45 MINUTES FREESTYLE CYCLE			PALMATENIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
19:15 PATRICIA 45 MINUTES TONE & SCULPT	19:30 VIRTUAL 50 MINUTES LES MILLS THE TRIP				
20:10 VIRTUAL 55 MINUTES LES MILLS BODYBALANCE					

MAY 2025

WEDNESDAY

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
LES MILLS BODYCOMBAT 08:30 DEEDA 60 MINUTES	LES MILLS sprint 07:10 VIRTUAL 30 MINUTES	REFORMER PILATES 09:30 MONA 50 MINUTES	PILATES 08:35 MONA 50 MINUTES	AQUA AEROBICS 09:00 VIKTORIA 50 MINUTES	TRX 08:30 SARAH 55 MINUTES
LES MILLS CORE 09:40 DEEDA 45 MINUTES	LES MILLS sprint 07:50 VIRTUAL 30 MINUTES	REFORMER PILATES 10:30 MONA 50 MINUTES	ADVANCED POWER VINYASA 09:35 SARAH 50 MINUTES	AQUA AEROBICS 10:00 NICOLE 50 MINUTES	OUTDOORS
LES MILLS Shapes 10:40 CATE 45 MINUTES	LES MILLS RPM 08:30 VIRTUAL 50 MINUTES	STUDIO TWO	BARRE 10:35 VIKTORIA 50 MINUTES	AQUA AEROBICS 16:30 APPOLINE 50 MINUTES	
LATIN X 11:35 ISABEL 60 MINUTES	LES MILLS THE TRIP 10:00 VIRTUAL 45 MINUTES	TICKETS @ ART CENTRE	LES MILLS BODYBALANCE 11:35 CATE 55 MINUTES	FAMILY POOL	TICKETS @ BEACH AND POOL RECEPTION
BELLY FITNESS 12:45 ANGE 50 MINUTES	LES MILLS RPM 11:00 VIRTUAL 50 MINUTES	FREESTYLE CYCLE 07:40 RANEEN 45 MINUTES	SWING YOGA 12:40 ISABEL 45 MINUTES		NO CLASSES
LES MILLS GRIT ATHLETIC 15:00 VIRTUAL 30 MINUTES	LES MILLS THE TRIP 13:15 VIRTUAL 45 MINUTES	LES MILLS RPM 08:30 MANAL 50 MINUTES	BODY BALLET 13:45 ANGE 50 MINUTES	LADIES ONLY LEARN TO SWIM	TENNIS
BARRE 16:30 SARAH 50 MINUTES	LES MILLS sprint 15:15 VIRTUAL 30 MINUTES		LES MILLS BODYBALANCE 16:00 LAMA 55 MINUTES		
LES MILLS BODYPUMP 17:30 LAMA 60 MINUTES	LES MILLS THE TRIP 17:00 VIRTUAL 45 MINUTES		GENTLE YOGA 17:00 MARCELLENE 60 MINUTES	6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES)	FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
ZUMBA step 18:40 APPOLINE 50 MINUTES	LES MILLS THE TRIP 19:45 VIRTUAL 45 MINUTES		HATHA YOGA 18:10 MARCELLENE 50 MINUTES		
ZUMBA FITNESS 19:40 APPOLINE 50 MINUTES			LES MILLS PILATES 19:10 DEEDA 50 MINUTES		

MAY 2025

THURSDAY

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
LES MILLS BODYPUMP 08:30 OLGA 60 MINUTES	LES MILLS sprint 07:10 VIRTUAL 30 MINUTES	REFORMER PILATES 09:00 VIKTORIA 50 MINUTES	PILATES 08:30 MARIANA 50 MINUTES	AQUA AEROBICS 09:00 ISABEL 50 MINUTES	WOD 08:30 DEEDA 50 MINUTES
PILATES 09:40 MARIANA 50 MINUTES	LES MILLS sprint 07:45 VIRTUAL 50 MINUTES	REFORMER PILATES 10:00 VIKTORIA 50 MINUTES	GENTLE YOGA 09:50 YVETTE 45 MINUTES	AQUA AEROBICS 10:00 LESLEY 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
tone 10:40 MARIANA 50 MINUTES	LES MILLS RPM 08:30 VIRTUAL 30 MINUTES	STUDIO TWO	INTERMEDIATE FLOW YOGA 10:45 YVETTE 45 MINUTES	YOGA FLOAT 17:25 DEBBIE 30 MINUTES	TRX 09:30 SARAH 55 MINUTES
LEGS BUMS TUMS 11:40 LESLEY 45 MINUTES	LES MILLS THE TRIP 09:45 VIRTUAL 45 MINUTES		STRETCH 11:40 YVETTE 45 MINUTES	FLOAT FIT AND YOGA FLOAT INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP	OUTDOORS
BELLY FITNESS 12:35 ANGE 50 MINUTES	LES MILLS RPM 11:00 VIRTUAL 50 MINUTES	LES MILLS RPM 07:50 RANEEN 50 MINUTES	ZUMBA FITNESS 12:35 APPOLINE 50 MINUTES	AQUA AEROBICS 16:30 NICOLE 50 MINUTES	
LES MILLS BODYBALANCE 15:15 VIRTUAL 60 MINUTES	LES MILLS RPM 13:15 VIRTUAL 50 MINUTES	FREESTYLE CYCLE 09:45 RANEEN 50 MINUTES	BODY BALLET 13:35 ANGE 50 MINUTES	FAMILY POOL	TENNIS
LES MILLS BODYPUMP 17:40 DEEDA 60 MINUTES	LES MILLS THE TRIP 15:40 VIRTUAL 45 MINUTES	FREESTYLE CYCLE 17:15 RANEEN 50 MINUTES	ZUMBA FITNESS 17:30 MEDINA 50 MINUTES		
tone & SCULPT 18:50 MEDINA 45 MINUTES	LES MILLS THE TRIP 17:00 VIRTUAL 45 MINUTES		SWING YOGA 18:30 DEBBIE 45 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	PALMATENIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
	LES MILLS RPM 18:00 VIRTUAL 50 MINUTES		LES MILLS SH'BAM 19:25 HAMDA A 45 MINUTES	NO CLASSES	
	LES MILLS THE TRIP 19:30 VIRTUAL 30 MINUTES				

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	
HATHA YOGA 07:05 MARCELLENE 50 MINUTES	LES MILLS sprint 07:10 VIRTUAL 30 MINUTES	REFORMER PILATES 12:10 LESLEY 50 MINUTES	LES MILLS BODYBALANCE 08:45 DILIA 55 MINUTES	AQUA AEROBICS 09:30 LESLEY 50 MINUTES	NO CLASSES						
LES MILLS BODYCOMBAT 08:20 OLGA 40 MINUTES	LES MILLS RPM 08:30 VIRTUAL 50 MINUTES	STUDIO TWO		FAMILY POOL		TENNIS					
BEGINNER STEPS 09:05 SARAH 30 MINUTES	LES MILLS RPM 09:30 VIRTUAL 50 MINUTES	TICKETS @ ART CENTRE		TICKETS @ BEACH AND POOL RECEPTION		LADIES ONLY LEARN TO SWIM					
INTERMEDIATE STEP AND TONE 09:40 SARAH 50 MINUTES	LES MILLS THE TRIP 11:00 VIRTUAL 45 MINUTES	LES MILLS sprint 08:00 DILIA 30 MINUTES	INTERMEDIATE FLOW YOGA 10:50 YVETTE 50 MINUTES	FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747							
LES MILLS BODYPUMP CORE 10:50 LESLEY 60 MINUTES	LES MILLS RPM 13:15 VIRTUAL 50 MINUTES	LES MILLS RPM 09:15 MAI 50 MINUTES	LES MILLS SOUND HEALING 11:50 YVETTE 45 MINUTES	FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747							
ZUMBA FITNESS 12:10 MEDINA 45 MINUTES	LES MILLS THE TRIP 15:30 VIRTUAL 45 MINUTES	STUDIO TWO		6 WEEKS COURSE KIDS LEARN TO SWIM (AFTERNOON CLASSES)							
LES MILLS BODYATTACK 13:30 VIRTUAL 45 MINUTES	LES MILLS RPM 17:00 VIRTUAL 50 MINUTES			FOR BOOKINGS AND INQUIRY PLEASE CALL: HPSC 050 1754747							
LES MILLS BODYBALANCE 14:45 VIRTUAL 30 MINUTES	LES MILLS THE TRIP 19:30 VIRTUAL 45 MINUTES										
BELLY FITNESS 16:00 ANGE 50 MINUTES											
LES MILLS BODYCOMBAT 17:00 VIRTUAL 60 MINUTES											
LES MILLS GRIT STREIGHT 18:30 VIRTUAL 30 MINUTES				PALMATENIS COURT 1 & 2							
LES MILLS CORE 19:30 VIRTUAL 45 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337							

MAY 2025

SATURDAY

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		
LES MILLS BODYPUMP 08:30 VIRTUAL 45 MINUTES	LES MILLS RPM 07:30 VIRTUAL 50 MINUTES	NO CLASSES	YIN YOGA 09:45 AISHA 60 MINUTES	AQUA AEROBICS 10:00 NICOLE 50 MINUTES	NO CLASSES		
LES MILLS BODYPUMP 09:30 ANCA 45 MINUTES	LES MILLS RPM 08:30 VIRTUAL 30 MINUTES	STUDIO TWO	ADVANCED POWER VINYASA 11:00 SARAH 75 MINUTES	FAMILY POOL	TENNIS		
H.I.I.T 10:30 PATRICIA 45 MINUTES	LES MILLS THE TRIP 11:00 VIRTUAL 45 MINUTES		BODY BALLET 17:00 ANGE 50 MINUTES				
ZUMBA FITNESS 11:30 LORA 50 MINUTES	LES MILLS RPM 13:15 VIRTUAL 50 MINUTES	TICKETS @ ART CENTRE	NO CLASSES	TICKETS @ BEACH AND POOL RECEPTION	PALMATENIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337		
BARRE 12:30 SARAH 50 MINUTES	LES MILLS THE TRIP 15:15 VIRTUAL 45 MINUTES	NO CLASSES		NO CLASSES			
LES MILLS BODYBALANCE 14:15 VIRTUAL 60 MINUTES	LES MILLS RPM 17:00 VIRTUAL 50 MINUTES						
BELLY FITNESS 16:00 ANGE 50 MINUTES	LES MILLS sprint 18:30 VIRTUAL 30 MINUTES						
LES MILLS BODYATTACK 17:00 VIRTUAL 45 MINUTES	LES MILLS THE TRIP 19:30 VIRTUAL 45 MINUTES						
LES MILLS BODYCOMBAT 19:30 VIRTUAL 60 MINUTES							

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 sprint 07:10 VIRTUAL 30 MINUTES	NO CLASSES	LesMILLS BODYBALANCE 09:30 MANAL 50 MINUTES	Aqua AEROBICS 09:00 MEDINA 50 MINUTES	NO CLASSES
LesMILLS BODYPUMP 09:30 DILIA 60 MINUTES	LesMILLS sprint 08:00 VIRTUAL 30 MINUTES	STUDIO TWO	YIN YOGA 10:30 AISHA 50 MINUTES	aqua ZUMBA 10:00 MEDINA 50 MINUTES	TENNIS
CIRCLE MOBILITY 11:00 MEDINA 30 MINUTES	LesMILLS RPM 08:50 VIRTUAL 50 MINUTES	TICKETS @ ART CENTRE	HATHA YOGA 11:30 MARCELLENE 45 MINUTES	FAMILY POOL	PALMATENIS COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 050 860 8337
ZUMBA FITNESS 11:40 MEDINA 50 MINUTES	LesMILLS THE TRIP 09:45 VIRTUAL 45 MINUTES	LesMILLS RPM EXTREME 08:35 MANAL 50 MINUTES	HATHA YOGA 12:30 MARCELLENE 45 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	
BELLY FITNESS 12:45 ZEIN 50 MINUTES	LesMILLS sprint 11:00 VIRTUAL 30 MINUTES			NO CLASSES	
LesMILLS FUNCTIONAL STRENGTH 17:30 DEEDA 45 MINUTES	LesMILLS RPM 13:15 VIRTUAL 50 MINUTES				
LesMILLS Shapes 18:30 DEEDA 45 MINUTES	LesMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				
	LesMILLS sprint 18:00 VIRTUAL 30 MINUTES				
	LesMILLS RPM 19:30 VIRTUAL 50 MINUTES				