



# EOY holidays - Timetable



## MONDAY - 22 & 29/12

7:00 Michael

Spinning + 15'cores

7:00 Aurelie.S

Slow Flow Yoga

8:30 \*\*

Body Conditioning

12:15 Gino

LES MILLS  
GRIT

17:15 Moshin

Kundalini Yoga

17:15 Manuela

Mat Work Pilates\*

17:30 Fabrice

Outdoor HIIT Circuit\*\*\*

17:45 Michael

Spinning

## TUESDAY - 23 & 30/12

6:30 Fabrice

LES MILLS  
GRIT

7:15 Aurelie.S

Pilates

8:30 \*\*

Spin & Cores

10:30 \*\*

Senior Fitness

12:15 Rayhan

Body Conditioning

17:30 Fabrice

LES MILLS  
BODYPUMP

17:45 Ritz

Spinning

17:45 Gino

Box Fit\*

18:30 Christopher

Latino Fitness

## WEDNESDAY - 24 & 31/12

6:45 Michael

Spinning

6:45 Gino

LES MILLS  
BODYPUMP

8:00 Aurelie.S

Power Yoga

9:30 Gino

Aqua Gym

12:15 Rayhan

LES MILLS  
GRIT / BODYPUMP

CLOSED  
as from 2pm

## THURSDAY - 25/12

CLOSED

## FRIDAY - 26/12

7:00 Michael

Spinning + 15'cores

7:00 Manuela

Pilates

8:30 Rayhan

LES MILLS  
BODYPUMP

9:30 Gino

Aqua Gym

12:15 Gino

Body Conditioning

17:15 Moshin

Hatha Yoga

## SATURDAY - 27/12

7:15 Fabrice

Killer Booty & Abs Workout

8:15 Christopher

Latin Hits

8:30 Ritz

Spinning

9:30 Aurelie.S

Mat Work Pilates

10:30 Moshin

Hatha Yoga

## SUNDAY - 28/12

7:30 Michael

Body Conditioning

8:30 Michael

Spinning

9:30 Moshin

Yoga

STRENGTH & CONDITIONING

PILATES

DANCE / ZUMBA

SPINNING

AQUA GYM

HIIT WORKOUT

YOGA / MEDITATION

SENIOR FITNESS

KIDS CLASSES

\* SMALL ROOM (9 pax only)

\*\* COACH SUBJECT TO CHANGE  
EVERY WEEK

\*\*\* TENNIS COURT



Monday - Friday 06:00 - 21:00 | Saturday 06:30 - 19:00 | Sunday & Public holidays 07:00 - 12:00

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