

MONDAY

08:00 - 09:00 SC6
SCLPT CYCLE

12:30 - 13:30 SC5
MOBILITY FLOW

17:00 - 18:00 SC5
XCORE

17:00 - 17:55 SC6
SPINNING

18:00 - 18:55 SC6
BODYPUMP

19:00 - 19:55 SC6
BODY BALANCE

TUESDAY

17:00 - 17:55 SC6
POWER PUMP

18:00 - 18:55 SC6
BODY BALANCE

18:15 - 18:45 Fitness
FITNESS CIRCUIT

WEDNESDAY

12:30 - 13:25 SC5
BODY PUMP

17:00 - 17:55 SC6
XCORE

17:00 - 17:55 SC5
UBATTLE

18:00 - 18:55 SC6
BODY PUMP

GROUP LESSONS

Update: September 2023

THURSDAY

12:30 - 13:30 Tennispark
TENNIS ADVANCED

17:00 - 17:55 SC5
BODY PUMP

17:00 - 17:55 SC6
SPINNING

18:00 - 19:00 SC5
PILATES

18:00 - 18:55 SC6
UBATTLE

19:00 - 19:25 SC6
TABATA

19:00 - 20:00 SC5
ZUMBA

19:15 - 19:45 Fitness
FITNESS CIRCUIT

19:30 - 20:00 SC6
CORE

FRIDAY

08:00 - 09:00 SC5
BODY PUMP

12:30 - 13:30 Golfclub Driene
GOLF

12:30 - 13:30 SC5
MOBILITY FLOW

17:00 - 17:30 SC6
GRIT

17:30 - 18:00 SC6
CORE

18:00 - 18:30 SC6
GRIT

18:30 - 19:30 SC6
UBATTLE

SATURDAY

SUNDAY

10:00 - 11:00 SC6
ZUMBA

MONDAY

08:30 - 09:45 Dojo
YOGA LEVEL 1

16:00 - 17:00 Plaza Padel
PADEL ADVANCED

16:45 - 17:45 SC4
AERIAL SILK LEVEL 1

16:45 - 18:00 Dojo
YOGA LEVEL 2

17:00 - 18:00 Tennispark
TENNIS BEGINNERS

20:00 - 21:00 Tennispark
TENNIS LEVEL 1

TUESDAY

16:45 - 17:45 SC4
AERIAL SILK LEVEL 2

17:00 - 18:00 Dojo
TAI CHI

COURSES

P1 4 Sept - 12 Nov
P2 13 Nov - 4 Feb
P3 5 Feb - 15 Apr
P4 16 Apr - 24 Jun

WEDNESDAY

12:45 - 13:45 Tennispark
TENNIS LEVEL 1

17:00 - 18:00 Dojo
YIN YOGA

THURSDAY

08:00 - 09:00 Dojo
TAI CHI

16:30 - 17:30 Plaza Padel
PADEL BEGINNER

16:15 - 17:45 SC4
AERIAL SLIK LEVEL 3

17:00 - 18:00 Dojo
TAI CHI ADVANCED

FRIDAY

15:45 - 17:00 Dojo
YOGA INTRODUCTION

18:00 - 19:00 Indoor pool
SWIMMING BEGINNER

18:45 - 19:30 Indoor pool
SWIMMING LEVEL 1

SATURDAY

10:00 - 11:00 Tennispark
TENNIS LEVEL 2

11:00 - 12:00 Tennispark
TENNIS LEVEL 3

SUNDAY

11:00 - 12:15 SC6
POLE DANCING