

Group lessons

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 08:55 SC6 XCORE	12:30 - 13:30 Tennispark TENNIS	12:30 - 13:30 SC6 BODYPUMP	12:30 13:30 Tennispark TENNIS ADVANCED	08:00 - 09:00 SC6 BODYPUMP		09:30 - 10:30 SC6 ZUMBA
12:30 - 13:30 SC5 MOBILITY FLOW	17:00 - 17:55 SC6 BODYPUMP	17:00 - 17:55 SC5 XCORE	17:00 - 17:55 SC5 BODYPUMP	12:30 - 13:30 Golfclub Driene GOLF		
17:00 - 18:00 SC5 XCORE	18:00 - 18:55 SC6 BODY BALANCE	17:00 - 17:55 SC6 UBATTLE	17:00 - 17:55 SC6 SPINNING	12:30 - 13:30 SC5 MOBILITY FLOW		
17:00 - 17:55 SC6 SPINNING	18:15 - 18:45 Fitness FITNESS CIRCUIT	18:00 - 18:55 SC5 BODYPUMP	18:00 - 18:55 SC6 PILATES	17:00 - 17:30 SC6 GRIT		
18:00 - 18:55 SC6 BODYPUMP		19:00 - 20:00 SC6 POLE DANCE	18:00 - 19:00 SC6 UBATTLE	17:30 - 18:00 SC6 CORE		
			19:00 - 20:00 SC6 TABATA + CORE	18:00 - 19:30 SC6 UBATTLE		
			19:00 - 20:00 SC5 ZUMBA			

COURSES

P1 | 02/09 - 10/11 2024
 P2 | 11/11 - 02/02 2024/25
 P3 | 03/02 - 13/04 2025
 P4 | 14/04 - 24/06 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 - 09:45 Dojo YOGA Introduction	16:30 - 18:00 SC4 AERIAL SILK Beginner	12:30 - 13:30 Tennispark TENNIS Beginner	08:00 - 09:00 Dojo TAICHI	15:45 - 17:00 Dojo YOGA Introduction	09:00 - 10:00 Tennispark TENNIS Beginner plus	
16:45 - 18:00 Dojo YOGA Advanced	17:00 - 18:00 Dojo TAI CHI	16:00 - 17:00 SC4 AERIAL SILK Beginner	16:00 - 17:00 Plaza Padel PADEL Beginner		10:00 - 11:00 Tennispark TENNIS Advanced	
16:00 - 17:00 Plaza Padel PADEL Advanced		17:00 - 18:00 SC4 AERIAL SILK Beginner	17:00 - 18:00 Dojo TAICHI Advanced		10:30 - 11:30 Golfclub Driene GOLF Beginner	
17:00 - 18:00 Tennispark TENNIS Beginner		17:00 - 18:00 Dojo YIN YOGA			11:00 - 12:00 Tennispark TENNIS Beginner	
20:00 - 21:00 Tennispark TENNIS Plus course		18:00 - 19:00 SC6 POLE DANCE			11:30 - 12:30 Golfclub Driene GOLF Intermediates	
					12:30 - 13:30 Golfclub Driene GOLF Advanced	