CLASS TIMETABLE 2026

Booking available online or via our App

MONDAY

TIME	CLASS	LOCATION
06.30 - 07.15	BURN	Studio 1
08.00 - 08.25	Core Conditioning	Studio 1
08.30 - 09.25	Pilates	Studio 1
08.00 - 09.15	Vinyasa Yoga	Studio 2
09:30 - 10.15	Group Cycle	Spin Studio
09:30 - 10:25	Pilates	Studio 2
09.30 - 10.25	LBT	Studio 1
10.30 - 11.30	BodyAttack	Studio 1
10.30 - 11.25	BodyBalance	Studio 2
11.30 - 12.15	Aqua	Pool
11.45 - 12.15	YAH Gym	Gym Floor
11.45 - 12.45	BodyPump	Studio 1
13.00 - 14.00	LBT Gold	Studio 1
16.30 - 17.15	Teen Fit	Gym Floor
17.00 - 18.00	Yinlates	Studio 2
17.30 - 18.15	HIIT	Studio 1
18.30 - 19.15	Group Cycle	Spin Studio
18.30 - 19.25	BodyPump	Studio 1
18.30 - 19.30	Zumba	Studio 2
19.30 - 20.30	BodyCombat	Studio 1
20.00 - 21.00	Stretch & Align	Studio 2

TUESDAY

TIME	CLASS	LOCATION
07.00 - 07.45	HIIT	Studio 1
08.00 - 08.45	Kettlebells	Studio 1
09.00 - 09.25	Core Conditioning	Studio 2
09.30 - 10.25	BodyAttack	Studio 1
09.30 - 10.25	Pilates	Studio 2
09.45 - 10.30	Group Cycle	Spin Studio
10.30 - 11.25	LBT	Studio 1
10.30 - 11.30	Vinyasa Yoga	Studio 2
10.45 - 11.30	Aqua	Pool
11.00 - 11.30	YAH Gym	Gym Floor
11.30 - 12.30	Young at Heart	Studio 1
11.45 - 12.40	Pilates Gold	Studio 2
12.45 - 13.45	Stretch & Mobility	Studio 2
13.00 - 14.00	Toning & Conditioning	Studio 1
16.30 - 17.15	Teen Fit	Gym Floor
17.15 - 17.55	Glide	Studio 1
18.00 - 19.00	Pilates	Studio 2
18.15 - 19.00	Total Body Conditioning	Studio 1
18.15 - 19.00	BURN	Spin Studio
19.15 - 20.00	Group Cycle	Spin Studio
19.15 - 20.30	Hatha Yoga	Studio 2

WEDNESDAY

TIME	CLASS	LOCATION
06.45 - 07.45	Pilates	Studio 2
08.00 - 08.40	Sculpt & Tone	Studio 1
08.45 - 09.25	BodyCombat	Studio 1
09.30 - 10.00	Circuits - Gym	Gym Floor
09.35 - 10.35	BodyPump	Studio 1
09.45 - 10.40	Zumba	Studio 2
10.30 - 11.15	Aqua	Pool
10.45 - 11.45	BODYBALANCE	Studio 2
10.45 - 11.45	Floor Based LBT	Studio 1
11.50 - 12.35	Step Aerobics	Studio 1
12.15 - 13.00	Group Cycle	Spin Studio
13.00 - 14.00	Hatha Yoga	Studio 2
18.30 - 19.15	Aqua	Pool
18.15 - 19.00	Pilates	Studio 2
18.30 - 19.30	LBT	Studio 1
19.15 - 20.00	HIIT	Studio 2



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THURSDAY

TIME	CLASS	LOCATION
07.00 - 08.00	Pilates	Studio 2
08.00 - 08.45	Kettlebells	Studio 1
09.15 - 10:00	Circuits	Studio 1
09.30 - 10.10	Group Cycle	Spin Studio
09.30 - 10.25	Yin Yoga	Studio 2
10.15 - 11.00	Aqua	Pool
10.30 - 11.30	Hatha Yoga	Studio 2
11.30 - 12.00	YAH Gym	Gym Floor
11.30 - 12.25	Pilates	Studio 2
11.45 - 12.45	Toning & Conditioning	Studio 1
13.00 - 13.45	Sound Bath	Studio 2
13.00 - 14.00	YAH Dance	Studio 1
17.15 - 18.15	Toning & Conditioning	Studio 2
18.00 - 18.55	BodyPump	Studio 1
18.30 - 19.15	Aqua	Pool
19.00 - 20.00	BodyCombat	Studio 1
20.00 - 21.00	Pilates	Studio 2
19.00 - 20.00	BodyCombat	Studio 1
20.00 - 21.00	Pilates	Studio 2

FRIDAY

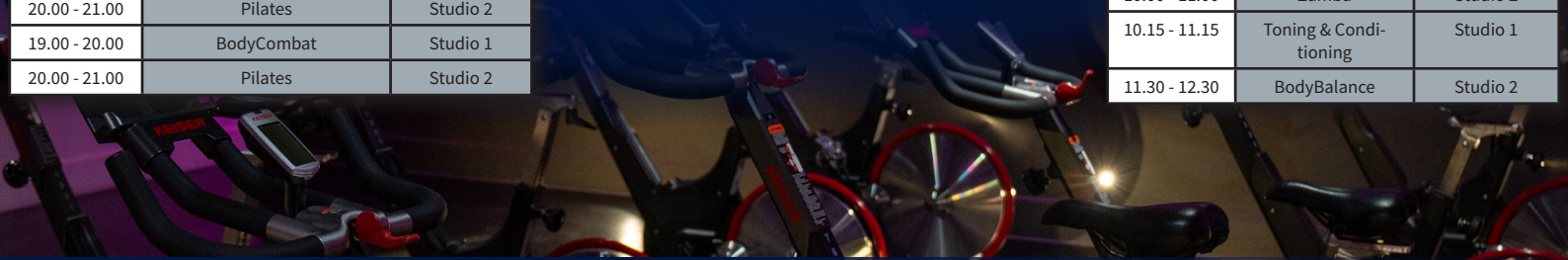
TIME	CLASS	LOCATION
06.45 - 07.30	Mindful Meditation	Studio 2
07.00 - 07.45	Circuits	Studio 1
08.00 - 08.55	BodyCombat	Studio 1
08.30 - 09.15	Abs & Tone	Studio 2
09.00 - 09.40	Total Body Conditioning	Studio 1
09.45 - 10.30	Group Cycle	Spin Studio
09.45 - 10.40	LBT Gold	Studio 2
09.45 - 10.45	Zumba	Studio 1
10.45 - 11.45	Pilates	Studio 2
11.15 - 12.15	Pilates	Studio 1
11.55 - 12.55	Pilates	Studio 2
12.45 - 13.45	Tai Chi	Studio 1
13.15 - 14.00	Sound Bath	Studio 2
19.00 - 20.00	Hatha Yoga	Studio 2

SATURDAY

TIME	CLASS	LOCATION
07.30 - 08.10	Kettlebells	Studio 1
08.15 - 09.00	Group Cycle	Spin Studio
08.15 - 09.15	BodyCombat	Studio 1
09.30 - 10.25	BodyBalance	Studio 2
09.30 - 10.25	BodyPump	Studio 1
10.30 - 11.30	DanceFit	Studio 1
10.45 - 12.15	Hatha Yoga	Studio 2

SUNDAY

TIME	CLASS	LOCATION
08.00 - 08.50	Tai Chi	Studio 2
09.00 - 10.00	Total Body Strength	Studio 1
09.00 - 09.45	Sound Bath	Studio 2
10.15 - 11.00	Group Cycle	Spin Studio
10.00 - 11.00	Zumba	Studio 2
10.15 - 11.15	Toning & Condi-tioning	Studio 1
11.30 - 12.30	BodyBalance	Studio 2



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