

APRIL-JUNE 2024

MORNING - TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30	★ BLAST TYNO		★ CROSS TRAINING CRAIG			
07:00	FUNCTIONAL CIRCUIT CRAIG	★ GRAVITY ALLAN	LES MILLS CORE ALLAN	★ GRAVITY CRAIG	YIN YOGA ROVA	
		CYCLING BORIS	BEGINNERS YOGA CHLOE	CYCLING OLIVIER	FUNCTIONAL CIRCUIT CRAIG	
07:30	YOGA VINYASA ROVA	LES MILLS BODYBALANCE ESTELLE	★ GRAVITY JONATHAN	LES MILLS BODYBALANCE JEMY	★ GRAVITY TYNO	
	NOBLEBOXING ALLAN	LES MILLS BODYPUMP TYNO & JEMY		LES MILLS BODYCOMBAT TYNO		
07:45	★ BLAST OLIVIER		PILATES BARRE ROVA	★ TRX ALLAN	★ BLAST ALLAN	
08:00	CYCLING KRISTEL	★ CROSS TRAINING CRAIG		CYCLING NICHOLAS		
08:15	★ GRAVITY JONATHAN		LES MILLS BODYATTACK KUNAL			
	LES MILLS BODYCOMBAT JEMY	LES MILLS BODYSTEP ROVA & OLIVIER		LES MILLS BODYPUMP JEREMY	LES MILLS BODYATTACK ROVA & OLIVIER	LES MILLS BODYCOMBAT TYNO
08:30		CYCLING NICHOLAS	★ CROSS TRAINING ALLAN	★ CROSS TRAINING CRAIG	CYCLING KRISTEL	CYCLING OLIVIER
	PILATES BARRE ROVA	NOBLEBOXING CÉDRIC	NOBLEBOXING CRAIG	YOGA VINYASA BRITTANY	NOBLEBOXING CÉDRIC	
09:00				★ BLAST ALLAN	★ GRAVITY JONATHAN	YOGA VINYASA DYNAMIC FLOW ROVA
09:30	LES MILLS BODYPUMP ALLAN	YOGA SOFT FLOW ROVA	ZUMBA ROVA		LES MILLS BODYBALANCE ROVA	LES MILLS BODYPUMP TYNO
10:00	LES MILLS CORE TYNO & ALLAN		LES MILLS BODYBALANCE JEMY			
10:30	★ GRAVITY JONATHAN	PILATES BARRE SONAKSHI	★ GRAVITY JONATHAN	PILATES BARRE SONAKSHI	★ GRAVITY JONATHAN	★ GRAVITY ..

MIDDAY, AFTERNOON & EVENING - TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
12:15		★ BLAST JONATHAN		LES MILLS BODYPUMP ALLAN		
17:00	YOGA SCULPT CHLOE	LES MILLS BODYCOMBAT TYNO & JEMY	FUNCTIONAL CIRCUIT TYNO	LES MILLS BODYPUMP TYNO & OLIVIER	LES MILLS BODYCOMBAT OLIVIER	
	LES MILLS CORE TYNO & JEMY		LES MILLS CORE ROVA			
17:15	★ BOXING BLAST ALLAN	FUNCTIONAL CIRCUIT ALLAN	★ BOXING BLAST ALLAN			
	LES MILLS BODYPUMP TYNO & OLIVIER		LES MILLS BODYSTEP ROVA & OLIVIER	PILATES BARRE ROVA		
17:30	★ GRAVITY JONATHAN	★ GRAVITY JONATHAN	LES MILLS BODYBALANCE ESTELLE	★ TRX JONATHAN	★ GRAVITY JONATHAN	
	LES MILLS BODYATTACK KUNAL	LES MILLS BODYPUMP TYNO			LES MILLS BODYBALANCE JEMY	
18:00	★ TRX ALLAN	★ CROSS TRAINING ALLAN	★ GRAVITY ALLAN	★ CROSS TRAINING OLIVIER		ABS & GLUTES ..
	CYCLING GUILLAUME	CYCLING OLIVIER	CYCLING JEMY	CYCLING BORIS	KARATE BRIAN	09:00
18:30	★ GRAVITY JONATHAN	★ BLAST JONATHAN	NOBLEBOXING TYNO	ZUMBA ROVA		09:30
	KARATE BRIAN		KARATE BRIAN	★ BLAST JONATHAN		BLAST ..
19:00		LES MILLS BODYBALANCE TYNO				

JUNIOR - TIMETABLE

TEEN CLASSES	TEEN	TEEN	TEEN	TEEN	TEEN
16:00	FUNCTIONAL CIRCUIT ALLAN	FUNCTIONAL CIRCUIT ALLAN	FUNCTIONAL CIRCUIT JONATHAN	FUNCTIONAL CIRCUIT JONATHAN	FUNCTIONAL CIRCUIT JONATHAN

- Fitness Studio
- Class Room
- Cycling Studio

- Gravity Studio
- Blast Studio
- RMFitbox

- RM5occer court
- Extra classes - Specific memberships
- Small Group Training - For Platinum members

- Timetable from the 22th of April to the end of June
- Coach will be different every week
- Virtual Cycling Classes are available on demand, outside class hours

OPENING HOURS :
- Monday - Friday : 6am - 9pm
- Saturday - Sunday - Public Holiday : 7am - 7pm