



FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT



1st - 30th JUNE 2026

GROUP EXERCISE
SCHEDULE

1st - 30th
JUNE 2026



GROUP EXERCISE
CLASS SCHEDULE

MAIN STUDIO

7:00 10:00 11:05 12:10 18:10 19:15 20:20

| | | | | | | | |
|-----------|--------------------------------------|--------------------------------------|-------------------------------|--|--------------------------------------|-------------------------------------|--------------------------------|
| MONDAY | LES MILLS BODYPUMP JULIANA | <i>Pilates</i> JOHN | | | LES MILLS BODYCOMBAT JOHN | LES MILLS BODYPUMP JOHN | SWING YOGA ALEXANDRA |
| TUESDAY | | LES MILLS BODYPUMP JULIANA | | | TRX JULIANA | FIGHTING FIT JOHN | |
| WEDNESDAY | <i>Pilates</i> JOHN | | | | LES MILLS BODYPUMP JULIANA | LES MILLS BODYCOMBAT JOHN | SWING YOGA AMIT |
| THURSDAY | | LES MILLS BODYPUMP JULIANA | | | FIGHTING FIT JOHN | TRX JULIANA | |
| FRIDAY | LES MILLS BODYPUMP JULIANA | SWING YOGA AMIT | | | LES MILLS BODYCOMBAT JOHN | LES MILLS BODYPUMP JOHN | |
| SATURDAY | 9:00 TRX JULIANA | LES MILLS BODYPUMP JULIANA | HATHA YOGA AMIT | | | | |
| | 9:00 FIGHTING FIT JOHN | <i>Pilates</i> JOHN | ZUMBA 90 mins ANTON | | | | |
| SUNDAY | | | | | | | |

REMINDERS: • No entry after class has started. • Please arrive on time.

Secure your place in class through the Fidelity Fitness Club App

1st - 30th
JUNE 2026



GROUP EXERCISE
CLASS SCHEDULE

POOLSIDE

CYCLE STUDIO

18:10

19:15

7:00

18:10

19:15

20:20

| | 18:10 | 19:15 | 7:00 | 18:10 | 19:15 | 20:20 |
|-----------|--------------------|----------------------|---|---|---|---|
| MONDAY | ZUMBA ANTON | Pilates ALEXANDRA | LES MILLS VIRTUAL RPM sprint VIRTUAL | GROUP CYCLE LINDA | LES MILLS RPM JULIANA | LES MILLS VIRTUAL RPM sprint VIRTUAL |
| TUESDAY | HATHA YOGA JOHN | | LES MILLS RPM JULIANA | LES MILLS RPM LINDA | GROUP CYCLE JULIANA | LES MILLS VIRTUAL RPM sprint VIRTUAL |
| WEDNESDAY | Pilates JOHN | ZUMBA ANTON | LES MILLS VIRTUAL RPM sprint VIRTUAL | GROUP CYCLE LINDA | LES MILLS RPM JULIANA | LES MILLS VIRTUAL RPM sprint VIRTUAL |
| THURSDAY | | HATHA YOGA JOHN | GROUP CYCLE JOHN | LES MILLS RPM JULIANA | LES MILLS VIRTUAL RPM sprint VIRTUAL | LES MILLS VIRTUAL RPM sprint VIRTUAL |
| FRIDAY | ZUMBA ANTON | | LES MILLS VIRTUAL RPM sprint VIRTUAL | GROUP CYCLE JULIANA | LES MILLS VIRTUAL RPM sprint VIRTUAL | LES MILLS VIRTUAL RPM sprint VIRTUAL |
| SATURDAY | | | 12:10 | | | |
| | | | LES MILLS RPM JULIANA | LES MILLS VIRTUAL RPM sprint VIRTUAL | LES MILLS VIRTUAL RPM sprint VIRTUAL | LES MILLS VIRTUAL RPM sprint VIRTUAL |
| SUNDAY | | | 12:10 | | | |
| | | | GROUP CYCLE JOHN | LES MILLS VIRTUAL RPM sprint VIRTUAL | LES MILLS VIRTUAL RPM sprint VIRTUAL | LES MILLS VIRTUAL RPM sprint VIRTUAL |

REMINDERS: • No entry after class has started. • Please arrive on time.

Secure your place in class through the Fidelity Fitness Club App

ABOUT YOUR CLASSES

LES MILLS
BODYCOMBAT

A high-energy, martial-arts-inspired workout designed to improve cardiovascular fitness, coordination, and power while providing a focused outlet for stress and energy.



LES MILLS
BODYPUMP

A full-body barbell workout designed to improve muscular strength, bone density, and endurance through high-repetition resistance training guided by expert coaching.



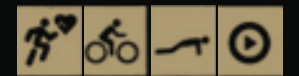
LES MILLS
RPM

A structured indoor cycling workout designed to improve cardiovascular fitness, endurance, and lower-body power through guided, music-driven intervals.



LES MILLS
VIRTUAL
RPM

Immersive, studio-quality cycling sessions led by world-class Les Mills instructors. Available on demand whenever the Cycle Studio is not in use.



LES MILLS
VIRTUAL
sprint

A high-intensity interval cycling experience designed to improve power output, cardiovascular fitness, and anaerobic capacity in a short, focused session. Available on demand whenever the Cycle Studio is not in use.



CARDIO



CORE



CYCLE



COMBAT



DANCE



ENDURANCE



FLEXIBILITY



HIIT



VIRTUAL



MIND & BODY



STRENGTH

ABOUT YOUR CLASSES



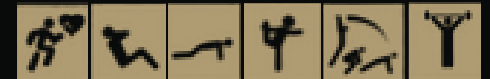
A traditional, steady-paced yoga practice focused on posture, breathing, flexibility, and strength to support both physical and mental balance.



A low-impact, precision-based training method designed to build core strength, improve posture, and enhance muscular balance through controlled movement.



A suspension-based strength class that builds core stability, balance, and full-body control using bodyweight resistance to improve movement quality and joint-friendly strength.



A dance-based cardio workout combining Latin and global rhythms to improve cardiovascular fitness, coordination, and full-body movement.



CARDIO



CORE



CYCLE



COMBAT



DANCE



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FLEXIBILITY



HIIT



VIRTUAL



MIND & BODY



STRENGTH

ABOUT YOUR CLASSES

FIDELITY FITNESS CLUB SIGNATURE CLASSES

FIGHTING FIT

A boxing-based conditioning experience designed to build cardiovascular capacity, coordination, and total-body power through structured rounds of punch work and athletic movement.



GROUP CYCLE™

A rhythm-driven indoor cycling experience focused on improving endurance, lower-body strength, and aerobic performance in a motivating group environment.



SWING YOGA

A suspended yoga experience using fabric hammocks to support movement, enhance spinal mobility, and create a sense of lightness, control, and physical release.



CARDIO



CORE



CYCLE



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FLEXIBILITY



HIIT



VIRTUAL



MIND & BODY



STRENGTH



LES MILLS
VIRTUAL
RPM **sprint**

Enjoy immersive, cinematic-quality cycle sessions that deliver all the energy of a live class — on your schedule.

Available throughout the day whenever the Cycle Studio is not in use for a scheduled class.

Our team will be happy to assist you with more details.



BOOK YOUR SPOT

Secure your place in class through the
Fidelity Fitness Club App.



DOWNLOAD THE APP

Scan the QR code for your device to get started.