

1st - 15th OCTOBER 2025

GROUP EXERCISE SCHEDULE



1ST - 15TH
OCTOBER 2025



GROUP EXERCISE
CLASS SCHEDULE

MAIN STUDIO

	7:00	10:00	11:05	13:10	18:10	19:15	20:20
MON	LES MILLS BODYPUMP JULIANA	LES MILLS CORE JULIANA			LES MILLS BODYCOMBAT JOHN	LES MILLS BODYPUMP JULIANA	SWING YOGA ALEXANDRA
TUE		LES MILLS BODYPUMP JOHN			LES MILLS BODYATTACK EMANUEL	LES MILLS BODYBALANCE JULIANA	LES MILLS CORE JULIANA
WED	LES MILLS BODYCOMBAT JOHN	LES MILLS CORE JULIANA			LES MILLS BODYPUMP JULIANA	LES MILLS BODYCOMBAT JOHN	SWING YOGA AMIT
THU		LES MILLS BODYPUMP JOHN			LES MILLS BODYBALANCE JOHN	LES MILLS BODYATTACK EMANUEL	LES MILLS CORE JULIANA
FRI	LES MILLS BODYPUMP JOHN	SWING YOGA AMIT			LES MILLS BODYCOMBAT JOHN	LES MILLS BODYPUMP JULIANA	
SAT		LES MILLS BODYATTACK NIKITA	LES MILLS BODYPUMP JULIANA	HATHA YOGA SANDEEP			
SUN		LES MILLS BODYCOMBAT JOHN	12:10 PM ZUMBA ANTON	Pilates JOHN			

REMINDERS:

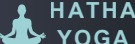
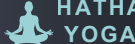
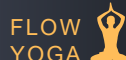
- Please arrive on time.
- No entry after class has started.

PLEASE NOTE: The schedule may change during the upcoming Phase 2 refurbishment.

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OCTOBER 2025



GROUP EXERCISE
CLASS SCHEDULE

POOLSIDE		MEZZANINE		CYCLE STUDIO			
18:10	19:15	18:00	20:00	7:00	18:10	19:15	20:20
 ANTON	 JOHN	 FITNESS TEAM	 FITNESS TEAM	 VIRTUAL	 JULIANA	 YANA	 VIRTUAL
 JOHN		 FITNESS TEAM	 FITNESS TEAM	 JULIANA	 LINDA	 MARJ	 VIRTUAL
 JOHN	 ANTON	 FITNESS TEAM	 FITNESS TEAM	 VIRTUAL	 LINDA	 JULIANA	 VIRTUAL
	 JOHN	 FITNESS TEAM	 FITNESS TEAM	 JOHN	 JULIANA	 VIRTUAL	 VIRTUAL
 ANTON	 JOHN	 FITNESS TEAM	 FITNESS TEAM	 VIRTUAL	 JULIANA	 VIRTUAL	 VIRTUAL
				12:10 PM  JULIANA	 VIRTUAL	 VIRTUAL	 VIRTUAL
				11:05 AM  JOHN	 VIRTUAL	 VIRTUAL	 VIRTUAL

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

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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.



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.

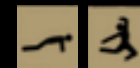
ABOUT YOUR CLASSES

LES MILLS BODYPUMP	Full-body barbell training to tone, strengthen, and energise — guided by expert coaching for lasting results.	  
LES MILLS BODYCOMBAT	High-energy martial arts training to build cardio fitness, sharpen coordination, and release stress - all while sculpting your body.	    
LES MILLS BODYBALANCE	A graceful fusion of yoga, Tai Chi, and Pilates that improves flexibility, builds strength, and restores balance in both body and mind.	   
LES MILLS BODYATTACK	An energizing blend of athletic moves and strength training, designed to lift endurance, burn calories, and leave you feeling unstoppable.	   
LES MILLS CORE	A focused, 45-minute workout that builds core strength, stability, and athletic power for everyday performance and sport.	   
LES MILLS RPM	A rhythm-driven indoor cycling experience that challenges your fitness, boosts endurance, and delivers results—at your own pace.	  
LES MILLS VIRTUAL RPM	Immersive, cinematic-quality cycling sessions with world-class instructors—available whenever the studio is free.	   
LES MILLS VIRTUAL sprint	Explosive, high-intensity interval cycling designed to maximize power, calorie burn, and cardiovascular performance in minimal time.	   

ABOUT YOUR CLASSES



A vibrant, music-fueled cardio workout blending Latin and global rhythms for a fun, full-body burn.



Low-impact, precision-based training that builds core strength, improves posture, and enhances muscle balance. A mindful practice



of postures and breathing techniques that develops strength, flexibility, and mental clarity.



A mixture of meditation, breath-work and energizing movement. This may include standing poses, balances, inversions and peak poses.



Feel weightless in a hammock sling suspend from the ceiling allowing you to float with a new sense of release and relaxation.



An intense, music-powered ride that builds cardiovascular endurance, tones muscles, and boosts overall fitness in a motivating group setting.



A 15 minute class designed to target the area we all love to hate. Whether your goal is 6 pack or a flat stomach, crunch twist and plank your ways to abs.



BOXING



CARDIO



CORE



CYCLE



COMBAT



DANCE



ENDURANCE



FLEXIBILITY



HIIT



VIRTUAL



MIND &
BODY



STRENGTH