



FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

1st - 30th NOVEMBER 2026

GROUP EXERCISE SCHEDULE

1st - 30th
NOVEMBER 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 JOHN	PILATES JOHN			LES MILLS BODYCOMBAT JOHN	LES MILLS BODYPUMP JOHN	SWING YOGA ALEXANDRA
TUESDAY		LES MILLS BODYPUMP JOHN			TRX NIKITA	FIGHTING FIT JOHN	
WEDNESDAY	PILATES JOHN				LES MILLS BODYPUMP EMANUEL	LES MILLS BODYCOMBAT JOHN	SWING YOGA ALEXANDRA
THURSDAY		LES MILLS BODYPUMP JOHN			FIGHTING FIT JOHN	TRX JAMILA	
FRIDAY	LES MILLS BODYPUMP JOHN	SWING YOGA SREEJA			LES MILLS BODYCOMBAT JOHN	LES MILLS BODYPUMP JOHN	
SATURDAY	9:00 TRX NIKITA	LES MILLS BODYPUMP NIKITA	HATHA YOGA JAMILA				
SUNDAY	9:00 FIGHTING FIT JOHN	PILATES JOHN	ZUMBA 90 mins ANTON				

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

Secure your place in class through the Fidelity Fitness Club App

1st - 30th
NOVEMBER 2026



GROUP EXERCISE
CLASS SCHEDULE

POOLSIDE

18:10 19:15

MONDAY	ZUMBA ANTON	Pilates ALEXANDRA
TUESDAY	HATHA YOGA JOHN	
WEDNESDAY	Pilates ALEXANDRA	ZUMBA ANTON
THURSDAY		HATHA YOGA SANDEEP
FRIDAY	ZUMBA ANTON	
SATURDAY		
SUNDAY		

CYCLE STUDIO

7:00 18:10 19:15 20:20

LES MILLS VIRTUAL RPM sprint VIRTUAL	GROUP CYCLE LINDA	LES MILLS RPM LINDA	LES MILLS VIRTUAL RPM sprint VIRTUAL
LES MILLS RPM MARJ	LES MILLS RPM LINDA	GROUP CYCLE LINDA	LES MILLS VIRTUAL RPM sprint VIRTUAL
LES MILLS VIRTUAL RPM sprint VIRTUAL	GROUP CYCLE JOHN	LES MILLS RPM JAMILA	LES MILLS VIRTUAL RPM sprint VIRTUAL
GROUP CYCLE JOHN	LES MILLS RPM LINDA	LES MILLS VIRTUAL RPM sprint VIRTUAL	LES MILLS VIRTUAL RPM sprint VIRTUAL
LES MILLS VIRTUAL RPM sprint VIRTUAL	GROUP CYCLE NASTARAN	LES MILLS VIRTUAL RPM sprint VIRTUAL	LES MILLS VIRTUAL RPM sprint VIRTUAL
12:10			
LES MILLS RPM JAMILA	LES MILLS VIRTUAL RPM sprint VIRTUAL	LES MILLS VIRTUAL RPM sprint VIRTUAL	LES MILLS VIRTUAL RPM sprint VIRTUAL
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.

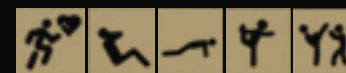
Secure your place in class through the Fidelity Fitness Club App

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



ENDURANCE



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



COMBAT



DANCE



ENDURANCE



FLEXIBILITY



HIIT



VIRTUAL



MIND & BODY



STRENGTH



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.