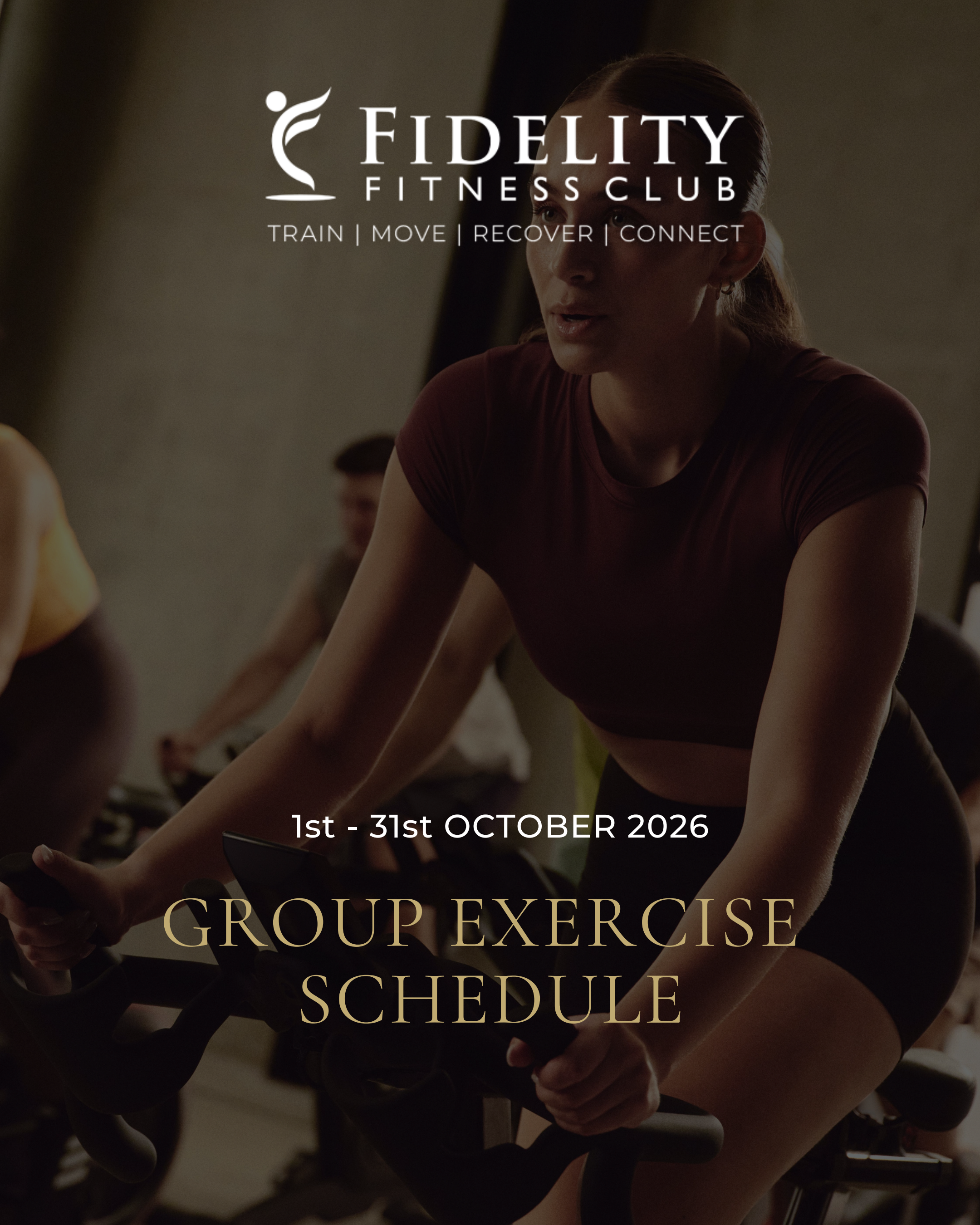

FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

1st - 31st OCTOBER 2026

GROUP EXERCISE SCHEDULE

1st - 31st
OCTOBER 2026

FIDELITY FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

GROUP EXERCISE
CLASS SCHEDULE

MAIN STUDIO

	7:00	10:00	11:05	12:10	18:10	19:15	20:20
MONDAY	LesMills BODYPUMP JOHN	Pilates JOHN			LesMills BODYCOMBAT JOHN	LesMills BODYPUMP JOHN	SWING YOGA ALEXANDRA
TUESDAY		LesMills BODYPUMP JOHN			TRX NIKITA	FIGHTING FIT JOHN	
WEDNESDAY	Pilates JOHN				LesMills BODYPUMP EMANUEL	LesMills BODYCOMBAT JOHN	SWING YOGA ALEXANDRA
THURSDAY		LesMills BODYPUMP JOHN			FIGHTING FIT JOHN	TRX JAMILA	
FRIDAY	LesMills BODYPUMP JOHN	SWING YOGA SREEJA			LesMills BODYCOMBAT JOHN	LesMills BODYPUMP JOHN	
SATURDAY	9:00 TRX NIKITA	LesMills BODYPUMP NIKITA	HATHA YOGA VIPIN				
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 - 31st
OCTOBER 2026

FIDELITY FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

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
MONDAY	LesMills VIRTUAL RPM sprint VIRTUAL	GROUP CYCLE LINDA	LesMills RPM LINDA	LesMills VIRTUAL RPM sprint VIRTUAL
TUESDAY	LesMills RPM MARJ	LesMills RPM LINDA	GROUP CYCLE LINDA	LesMills VIRTUAL RPM sprint VIRTUAL
WEDNESDAY	LesMills VIRTUAL RPM sprint VIRTUAL	GROUP CYCLE JOHN	LesMills RPM JAMILA	LesMills VIRTUAL RPM sprint VIRTUAL
THURSDAY	GROUP CYCLE JOHN	LesMills RPM LINDA	LesMills VIRTUAL RPM sprint VIRTUAL	LesMills VIRTUAL RPM sprint VIRTUAL
FRIDAY	LesMills VIRTUAL RPM sprint VIRTUAL	GROUP CYCLE NASTARAN	LesMills VIRTUAL RPM sprint VIRTUAL	LesMills VIRTUAL RPM sprint VIRTUAL
SATURDAY	12:10 LesMills RPM JAMILA	LesMills VIRTUAL RPM sprint VIRTUAL	LesMills VIRTUAL RPM sprint VIRTUAL	LesMills VIRTUAL RPM sprint VIRTUAL
SUNDAY	12:10 GROUP CYCLE JOHN	LesMills VIRTUAL RPM sprint VIRTUAL	LesMills VIRTUAL RPM sprint VIRTUAL	LesMills VIRTUAL RPM sprint VIRTUAL

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

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FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

ABOUT YOUR CLASSES

LesMills 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.
LesMills BODYPUMP	A full-body barbell workout designed to improve muscular strength, bone density, and endurance through high-repetition resistance training guided by expert coaching.
LesMills RPM	A structured indoor cycling workout designed to improve cardiovascular fitness, endurance, and lower-body power through guided, music-driven intervals.
LesMills 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.
LesMills 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

FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

ABOUT YOUR CLASSES

HATHA YOGA	A traditional, steady-paced yoga practice focused on posture, breathing, flexibility, and strength to support both physical and mental balance.	
Pilates	A low-impact, precision-based training method designed to build core strength, improve posture, and enhance muscular balance through controlled movement.	
TRX	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	
ZUMBA	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

FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

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

FIDELITY
FITNESS CLUB

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LESMILLS 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.

FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

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.