



GROUP FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM	MOBILITY STRETCHING STUDIO 1 G&M	YOGA STUDIO 1 M	HIIT STUDIO 1 M	MOBILITY STRETCHING STUDIO 1 G&M	YOGA STUDIO 1 M	HIIT STUDIO 1 M	MOBILITY STRETCHING STUDIO 1 G&M
8:15AM	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M	ABS & CORE STUDIO 1 G&M
8:45AM	HATHA YOGA STUDIO 1 G&M	PILATES STUDIO 1	TRX STUDIO 1 M	YOGA STUDIO 1 M	TRX STUDIO 1 M	PHYSIO PILATES STUDIO 1	PHYSIO PILATES STUDIO 1
10:00 AM	HIIT STUDIO 1 M	HATHA YOGA STUDIO 1 G&M	BOXING STUDIO 1	HIIT STUDIO 1 M	VIRTUAL FIT TOTAL BODY DUMBBELL WORKOUT STUDIO 1 G&M	STRENGTH & CONDITIONING STUDIO 1	SPINNING STUDIO 1 M REFORMER PILATES STUDIO 3
11:15 AM	FUNCTIONAL FITNESS STUDIO 1 G&M	SPINNING STUDIO 1 M	CIRCUIT TRAINING TOTAL BODY STUDIO 1 M	SPINNING BLASTER STUDIO 1	REFORMER PILATES STUDIO 3	YOGA STUDIO 1 M	TRAPEZE YOGA STUDIO 3
12:30 PM	STRENGTH & CONDITIONING STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	STRENGTH & CONDITIONING STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	STRENGTH & CONDITIONING STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	STRENGTH & CONDITIONING STUDIO 1
2:00 PM	VIRTUAL FIT MULTI-PLANE MOVEMENT STUDIO 1 G&M	VIRTUAL FIT TOTAL BODY DUMBBELL WORKOUT STUDIO 1 G&M	VIRTUAL FIT MULTI-PLANE MOVEMENT STUDIO 1 G&M	VIRTUAL FIT TOTAL BODY DUMBBELL WORKOUT STUDIO 1 G&M	VIRTUAL FIT MULTI-PLANE MOVEMENT STUDIO 1 G&M	VIRTUAL FIT TOTAL BODY DUMBBELL WORKOUT STUDIO 1 G&M	VIRTUAL FIT MULTI-PLANE MOVEMENT STUDIO 1 G&M
3:15 PM	FUNCTIONAL FITNESS STUDIO 1 G&M	BOOT CAMP STUDIO 2 M BOXING STUDIO 1	TRAPEZE YOGA STUDIO 3 BOXING STUDIO 1	PILATES STUDIO 1	PILATES STUDIO 1	SAMBA STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M
4:30 PM	SAMBA STUDIO 1	VIRTUAL FIT MULTI-PLANE MOVEMENT STUDIO 1 G&M	ZUMBA STUDIO 1	BOOT CAMP STUDIO 2 M	YOGA STUDIO 1 M	STRENGTH & CONDITIONING STUDIO 1	CIRCUIT TRAINING TOTAL BODY STUDIO 1 M
5:45 PM	HIIT STUDIO 1 M REFORMER PILATES STUDIO 3	SPINNING STUDIO 1 M	SPINNING BLASTER STUDIO 1	SPINNING STUDIO 1 M	SPINNING STUDIO 1 M	PILATES STUDIO 1	ZUMBA STUDIO 1
7:00 PM	ZUMBA STUDIO 1	ZUMBA STUDIO 1	ZUMBA STUDIO 1 HYROX RELOAD FUNCTIONAL AREA	FUSION YOGA STUDIO 1	BOXING STUDIO 1	CAPOEIRA NAGO STUDIO 1	CAPOEIRA NAGO STUDIO 1
8:15 PM	LATIN DANCE STUDIO 1	FUNCTIONAL FITNESS STUDIO 1 G&M	ZUMBA STUDIO 1	HIIT STUDIO 1 M	LATIN DANCE STUDIO 1	LATIN DANCE STUDIO 1	LATIN DANCE STUDIO 1

LEGEND:

M Complimentary for Sound Body™ Members

G&M Complimentary for Sound Body™ Members and Hotel Guests

For more information or to make a booking, please contact the Body Rock® reception
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FITNESS CLASSES DESCRIPTION



ABS & CORE Targeted core strengthening session for abdominal and lower back muscles.	AEROBIC CLASS A fun, high-energy cardio workout combining rhythmic movements and music to improve stamina & coordination.	BOOT CAMP Military-inspired functional workout combining cardio and strength exercises.
CIRCUIT TRAINING TOTAL BODY A full-body circuit using multiple exercise stations to build strength and endurance.	FUNCTIONAL FITNESS Cardiovascular fitness, coordination, endurance, calorie burn and mood enhancement.	HATHA YOGA Traditional yoga focusing on breathing, posture and flexibility.
HIIT High-intensity interval training alternating bursts of effort with recovery to improve fitness and burn calories.	MOBILITY STRETCHING Focused mobility and stretching to improve joint range of motion and reduce muscle tension.	PILATES Core-focused training improving posture, stability, balance and flexibility.
POWER SPINNING Ride through climbs, sprints, and intervals in a high-energy indoor cycling session set to motivating music.	RUNNING CLUB A guided outdoor run for all levels, improving endurance, cardiovascular fitness and running technique.	SAMBA Fun dance-based fitness class inspired by Samba rhythms.
SPINNING Indoor cycling session designed to improve endurance and cardio conditioning.	STRENGTH & CONDITIONING Performance-focused class developing strength, power and muscular endurance.	SUNRISE YOGA A gentle morning yoga session to improve flexibility, mobility and mental clarity.
TRAPEZE YOGA Yoga using aerial hammocks to improve flexibility, decompression and core strength.	TRX Suspension training using bodyweight to develop strength, balance and stability.	VIRTUAL FIT Pre-recorded instructor-led workout available without a live coach.
YOGA A calming mind-body class combining gentle movement, stretching and breathing to improve flexibility, balance and relaxation.	YOGA WITH SOUND Yoga combined with vibrational sounds for deep relaxation and recovery.	ZUMBA High-energy dance fitness class combining Latin-inspired rhythms with cardio.

SPECIALIZED FITNESS CLASSES DESCRIPTION



HYBRID RELOAD

A dynamic HYROX-inspired workout combining strength, endurance and functional fitness, suitable for all levels. Small-group coaching keeps the session personal, motivating and team-focused.

FUSION YOGA

An energetic fusion of traditional yoga, dance choreography and light weights, designed to activate and strengthen the body. Music-driven, dynamic and fun, this is yoga with an uplifting twist.

BOXING

Learn real boxing techniques, combinations, pad work and footwork while building cardio fitness and explosive power. A high-energy workout suitable for beginners through to advanced fitness levels.

REFORMER PILATES

A low-impact, full-body workout designed to strengthen and tone while improving posture, mobility and stability. Fluid, controlled movements help build strength, balance and body awareness.

BLASTER SPINNING

A high-energy cycling workout designed to challenge your stamina, strength and overall fitness. Expect motivating music, powerful coaching and an energising session suitable for different fitness levels.

CAPOEIRA NAGO

Experience the vibrant Brazilian art of Capoeira, combining martial arts, dance, music and acrobatics. Develop strength, agility, coordination and body awareness through dynamic and rhythmic movement.

LATIN VIBES

An energetic dance-based workout inspired by vibrant Latin rhythms and styles. Move to the music while improving coordination, rhythm and overall fitness in a fun atmosphere.

PHYSIO PILATES

A controlled, low-impact workout combining Pilates principles with a physiotherapy approach to improve strength, mobility and posture.