

CLASS TIMEABLE

Monday

06:45	●	30m	HIIT Endurance
09:15	●●	45m	Body Conditioning
10:15	●	30m	HIIT Endurance
11:00	●	60m	Yoga Vinyasa
12:15	●	45m	Aqua
17:45	●●	45m	Pump
18:00	●●	45m	Combat
18:35	●	60m	Mat Pilates
18:45	●	30m	Group Cycle Express
18:45	●	30m	HIIT Vitality
19:00	●	45m	Aqua
19:40	●	60m	Yoga Hatha

F	Club D3
Y	Jade
F	Jade
Y	Millie Mi
P	Chris
Y	Carl
M	Chris
Y	Jude
S	Carl
F	Dane
P	Chris
Y	Liz

Tuesday

06:45	●●	45m	Pump	Y	Carl
09:15	●●	45m	Pump	Y	Carl
10:15	●●	45m	LBT	Y	Alice
11:15	●	45m	Mobility & Stretch	Y	Dion
18:00	●	45m	Group Cycle	S	Alice
18:00	●●	45m	Pump	Y	Chris
18:50	●	45m	Dance Aerobics	M	Silva
18:50	●	30m	HIIT Vitality	F	Alice
19:00	●	60m	Mat Pilates	Y	Suneil

Wednesday

06:45	●	30m	HIIT Vitality
09:15	●●	45m	Combat
10:05	●	60m	Yoga Vinyasa
10:15	●	45m	Zumba
11:15	●	45m	Mat Pilates
12:15	●	45m	Aqua
17:45	●	30m	HIIT Endurance
18:00	●●	45m	Combat
18:00	●	60m	Yoga Hatha
18:30	●	30m	HIIT Vitality
19:05	●	45m	Mobility & Stretch

F	Club D3
M	Chris
Y	Mia
M	Nina
Y	Mia
P	Chris
F	Dion
M	Chris
Y	Raj
F	Dion
Y	Dion

Thursday

06:45	●	30m	Core	Y	Dane
09:15	●	45m	Dance Aerobics	M	Jo-Jo
09:15	●●	45m	Body Conditioning	Y	Dion
10:05	●	60m	Yoga Hatha	Y	Karen
18:00	●●	45m	Pump	Y	Carl
18:15	●	45m	Zumba	M	Silva
19:00	●	30m	Core	Y	Dane

Saturday

08:30	●	45m	Group Cycle	S	Club D3
09:15	●●	45m	Combat	M	Chris
09:20	●	30m	HIIT Vitality	F	Club D3
10:05	●	60m	Yoga Vinyasa	Y	Ludmila

Friday

06:45	●	30m	Body Conditioning Express	F	Club D3
09:15	●	60m	Yoga Hatha	Y	Liz
09:15	●	45m	Aerobics	M	Chris
10:05	●	30m	Core	M	Dane
10:20	●	60m	Yoga Vinyasa	Y	Michel
17:45	●	30m	HIIT Endurance	F	Club D3

Sunday

09:15	●	30m	HIIT Endurance	Y	Club D3
09:50	●	60m	Yoga Vinyasa	Y	Ludmila

Key

- Endurance
- Vitality
- Holistic

- Y: Yogada Studio
- M: Main Studio

- S: Spin Studio
- F: Functional

On demand classes available from Les Mills & Life Fitness ICG in the Main Studio and Spin Studio