

CLASS TIMEABLE

Monday

06:45	●	30m	HIIT Endurance	F	Club D3
09:15	●●	45m	Body Conditioning	Y	Jade
10:15	●	30m	HIIT Endurance	F	Jade
12:15	●	45m	Aqua	P	Chris
17:45	●●	45m	Pump	Y	Carl
18:00	●●	45m	Combat	M	Chris
18:35	●	60m	Mat Pilates	Y	Jude
18:45	●	30m	Group Cycle Express	S	Carl
18:45	●	30m	HIIT Vitality	F	Dane
19:00	●	45m	Aqua	P	Chris
19:40	●	60m	Yoga Hatha	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	F	Club D3	06:45	●	30m	Core	Y	Dane
09:15	●●	45m	Combat	M	Chris	09:15	●	45m	Dance Aerobics	M	Jo-Jo
10:05	●	60m	Yoga Vinyasa	Y	Mia	09:15	●●	45m	Body Conditioning	Y	Dion
10:15	●	45m	Zumba	M	Nina	10:05	●●	30m	Pump	Y	Carl
11:15	●	45m	Mat Pilates	Y	Mia	10:40	●	30m	HIIT Endurance	Y	Carl
12:15	●	45m	Aqua	P	Chris	11:15	●	60m	Yoga Hatha	Y	Karen
17:45	●	30m	HIIT Endurance	F	Dion	18:00	●●	60m	Pump	Y	Carl
18:00	●●	45m	Combat	M	Chris	18:15	●	45m	Zumba	M	Silva
18:00	●	60m	Yoga Hatha	Y	Raj	19:10	●	30m	Core	Y	Dane
18:30	●	30m	HIIT Vitality	F	Dion						
19:05	●	45m	Mobility & Stretch	Y	Dion						

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

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

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