

CLASS TIMEABLE

Monday

06:45	● 30m	Core Vitality	F	Club D3
09:15	●● 45m	Body Conditioning	Y	Jade
10:15	● 30m	Core Vitality	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	● 30m	HIIT Vitality	F	Alice
19:00	● 60m	Mat Pilates	Y	Suneil

Wednesday

06:45	● 30m	HIIT Vitality	F	Club D3
09:15	●● 45m	Combat	M	Chris
09:15	● 55m	Yoga Hatha	Y	Michel
10:15	● 60m	Yoga Vinyasa	Y	Mia
10:15	● 45m	Zumba	M	Nina
11:20	● 45m	Mat Pilates	Y	Mia
12:15	● 45m	Aqua	P	Chris
17:45	● 30m	HIIT Endurance	F	Dion
18:00	●● 45m	Combat	M	Chris
18:00	● 60m	Yoga Hatha	Y	Raj
18:30	● 30m	HIIT Vitality	F	Dion
19:05	● 45m	Mobility & Stretch	Y	Dion

Thursday

06:45	● 30m	Core	Y	Dane
09:15	● 45m	Dance Aerobics	M	Jo-Jo
09:15	●● 45m	Step Aerobics	Y	Chris
10:05	●● 30m	Pump	Y	Carl
10:40	● 30m	HIIT Endurance	Y	Carl
11:15	● 60m	Yoga Hatha	Y	Karen
18:00	●● 60m	Pump	Y	Carl
18:15	● 45m	Dance Aerobics	M	Chris
19:10	● 30m	Core	Y	Dane

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
17:45	● 30m	HIIT Endurance	F	Club D3

Saturday

08:30	●● 45m	Step Aerobics	Y	Chris
08:45	●● 30m	HIIT Vitality	F	Club D3
09:15	●● 45m	Group Cycle	S	Carl
09:20	●● 30m	Combat	Y	Chris
10:15	●● 45m	Pump	Y	Carl

Sunday

09:15	● 30m	HIIT Endurance	F	Club D3
10:00	●● 60m	Pump	Y	Dawn

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