

CLASS TIMEABLE

Monday

06:45 ● 30m Core Vitality
 09:15 ●● 45m Conditioning
 10:05 ● 60m Mat Pilates
 10:15 ● 30m Core Vitality
 12:15 ● 45m Aqua
 17:45 ●● 45m Pump
 18:00 ● 45m Combat
 18:35 ● 60m Mat Pilates
 18:45 ● 30m Cycle Endurance
 18:45 ● 30m HIIT Vitality
 19:00 ●● 45m Aqua
 19:40 ● 60m Holistic Yoga

F Club D3
 D3 Jade
 D3 Michel
 F Jade
 P Chris
 D3 Carl
 D Chris
 D3 Jude
 C Carl
 F Dane
 P Chris
 D3 Liz

Tuesday

06:45 ●● 45m Pump
 09:15 ●● 45m Pump
 10:20 ●● 45m Conditioning
 11:15 ● 45m Holistic Mobility
 18:00 ● 45m Cycle Endurance
 18:00 ●● 45m Pump
 18:50 ● 30m HIIT Vitality
 19:00 ● 60m Mat Pilates

D3 Carl
 D3 Carl
 D3 Monika
 D3 Dion
 C Alice
 D3 Chris
 F Alice
 D3 Suneil

Wednesday

06:45 ● 30m HIIT Vitality
 09:15 ● 45m Combat
 10:15 ● 60m Vitality Yoga
 10:15 ● 45m Dance
 11:20 ● 45m Mat Pilates
 12:15 ● 45m Aqua
 17:45 ● 30m Cycle Endurance
 18:00 ● 45m Combat
 18:00 ● 60m Holistic Yoga
 18:30 ● 30m HIIT Vitality
 19:05 ● 45m Holistic Mobility

D3 Club D3
 D Chris
 D3 Mia
 D Nina
 D3 Mia
 P Chris
 C Dion
 D Chris
 D3 Raj
 F Dion
 D3 Dion

Thursday

06:45 ● 30m Core Vitality
 09:15 ●● 45m Step
 10:05 ●● 30m Pump
 10:40 ● 30m HIIT Vitality
 11:15 ● 60m Holistic Yoga
 18:00 ●● 60m Pump
 18:15 ● 45m Dance
 19:10 ● 30m Core Vitality
 19:10 ● 60m Vitality Yoga

F Dane
 D3 Chris
 D3 Carl
 D3 Carl
 D3 Karen
 D3 Carl
 D Chris
 F Dane
 D3 Jude

Friday

06:45 ● 30m Conditioning
 09:15 ● 60m Holistic Yoga
 09:15 ● 45m Dance
 10:05 ● 30m Core Vitality
 17:45 ● 30m HIIT Vitality

F Club D3
 D3 Liz
 D Chris
 F Dane
 F Club D3

Saturday

08:30 ●● 45m Step
 09:15 ● 45m Cycle Endurance
 09:20 ● 45m Combat
 10:15 ●● 45m Pump

D3 Chris
 C Carl
 D3 Chris
 D3 Carl

Sunday

09:15 ● 30m Core Vitality
 10:00 ●● 60m Pump

F Club D3
 D3 Dawn

Key

P: Pool

D3: D3 Studio

C: Cycle Studio

D: Dance Studio

F: Functional Studio

