Diana's
Health & Fitness

CLASS TIMEABLE

Monday

06:45	30m	Core Vitality	F	Club D3
09:15	45m	Conditioning	D3	Jade
10:05	60m	Mat Pilates	D3	Michel
10:15	30m	Core Vitality	F	Jade
12:15	45m	Aqua	P	Chris
17:45	45m	Pump	D3	Carl
18:00	45m	Combat	D	Chris
18:35	60m	Mat Pilates	D3	Jude
18:45	30m	Cycle Endurance	C	Carl
18:45	30m	HIIT Vitality	F	Dane
19:00	45m	Aqua	P	Chris
19:40	60m	Holistic Yoga	D3	Liz

Tuesday

06:45	45m	Pump	D3	Carl
09:15	45m	Pump	D3	Carl
10:15	45m	Conditioning	D3	Hayley
11:15	45m	Holistic Mobility	D3	Dion
18:00	45m	Cycle Endurance	C	Alice
18:00	45m	Pump	D3	Chris
18:50	30m	HIIT Vitality	F	Alice
19:00	60m	Mat Pilates	D3	Suneil

Wednesday

06:45	30m	HIIT Vitality	D3	Club D3
09:15	45m	Combat	D	Chris
10:15	60m	Vitality Yoga	D3	Mia
10:15	45m	Dance	D	Nina
11:20	45m	Mat Pilates	D3	Mia
12:15	45m	Aqua	P	Chris
17:45	30m	Cycle Endurance	C	Dion
18:00	45m	Combat	D3	Chris
18:00	60m	Holistic Yoga	D	Naz
18:30	30m	HIIT Vitality	F	Dion
19:05	45m	Holistic Mobility	D3	Dion

Thursday

06:45	30m	Core Vitality	F	Club D3
09:15	45m	Step	D3	Chris
10:05	30m	Pump	D3	Carl
10:40	30m	HIIT Vitality	D3	Carl
11:15	60m	Holistic Yoga	D3	Karen
18:00	60m	Pump	D3	Carl
18:15	45m	Dance	D	Chris
19:10	30m	Core Vitality	F	Dane
19:10	60m	Vitality Yoga	D3	Jude

Friday

06:45	30m	Conditioning	F	Club D3
09:15	60m	Holistic Yoga	D3	Liz
09:15	45m	Dance	D	Chris
10:05	30m	Core Vitality	F	Dane
17:45	30m	HIIT Vitality	F	Club D3

Saturday

08:30	45m	Step	D3	Chris
09:15	45m	Cycle Endurance	C	Carl
09:20	45m	Combat	D3	Chris
10:15	45m	Pump	D3	Carl

Sunday

09:15	30m	Core Vitality	F	Club D3
10:00	60m	Pump	D3	Dawn

Key

- Endurance
- Vitality
- Holistic

D3: D3 Studio
D: Dance Studio
P: Pool

C: Cycle Studio
F: Functional Studio

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