

CLASS TIMEABLE

Monday

06:45	●	30m	Core Vitality
09:15	●●	45m	Conditioning
10:05	●	60m	Mat Pilates
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
P	Chris
D3	Carl
D	Chris
D3	Jude
C	Carl
F	Dane
P	Chris
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

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

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
D3	Chris
D	Naz
F	Dion
D3	Dion

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

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

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