Diana's
Health & Fitness

# CLASS TIMEABLE

## Monday

| | | | | |
|---|---|---|---|---|
| 06:45 | 30m | Core Vitality | F | Club D3 |
| 09:15 | 45m | Conditioning | D3 | Naz |
| 10:05 | 60m | Mat Pilates | D3 | Michel |
| 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 | Vee |
| 18:00 | 45m | Cycle Endurance | C | Tash |
| 18:00 | 45m | Pump | D3 | Chris |
| 18:50 | 30m | HIIT Vitality | F | Alice |
| 19:00 | 60m | Mat Pilates | D3 | Suneil |
| 19:00 | 45m | Conditioning | D | Tash |

## 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 | Club D3 |
| 18:00 | 45m | Combat | D3 | Chris |
| 18:00 | 60m | Holistic Yoga | D | Naz |
| 18:30 | 30m | HIIT Vitality | F | Vee |
| 19:05 | 45m | Holistic Mobility | D3 | Vee |

## 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