

CLASS TIMEABLE

Monday

06:45	●	30m	Vitality Core
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	Endurance Cycle
18:45	●	30m	Vitality HIIT
19:00	●	45m	Aqua
19:40	●	60m	Holistic Yoga

F	Club D3
D3	Logan
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	Vee
18:00	●	30m	Endurance Cycle	C	Club D3
18:00	●●	45m	Pump	D3	Chris
18:35	●	30m	Vitality HIIT	F	Jas
19:00	●	60m	Mat Pilates	D3	Suneil

Thursday

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

Wednesday

06:45	●	30m	Vitality HIIT	D3	Club D3
09:15	●	45m	Combat	D3	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	Endurance Cycle	C	Dane
18:00	●	45m	Combat	D3	Chris
18:30	●	30m	Vitality HIIT	F	Vee
19:05	●	45m	Holistic Mobility	D3	Vee

Saturday

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

Friday

06:45	●●	30m	Conditioning	F	Club D3
09:15	●	60m	Holistic Yoga	D3	Liz
09:15	●	45m	Dance	D	Chris
10:15	●●	60m	Endurance Yoga	D3	Vee
17:30	●	30m	Vitality HIIT	F	Club D3
18:00	●●	60m	Endurance Yoga	D3	Vee

Sunday

09:15	●	30m	Vitality Core	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