

## CLASS TIMETABLE

### Monday

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

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
09:15	●●	45m	Pump
10:15	●●	45m	Conditioning
11:15	●	45m	Holistic Mobility
18:00	●	30m	Endurance Cycle
18:00	●●	45m	Pump
18:35	●	30m	Vitality HIIT
19:00	●	60m	Mat Pilates

D3	Carl
D3	Carl
D3	Hayley
D3	Vee
C	Club D3
D3	Chris
F	Jas
D3	Suneil

### Wednesday

06:45	●	30m	Vitality HIIT
09:15	●	45m	Combat
10:15	●	60m	Vitality Yoga
10:15	●	45m	Dance
11:20	●	45m	Mat Pilates
12:15	●	45m	Aqua
18:00	●	45m	Combat
18:00	●	30m	Vitality HIIT
18:50	●	45m	Holistic Mobility

D3	Club D3
D3	Chris
D3	Mia
D	Nina
D3	Mia
P	Chris
D3	Chris
F	Vee
D3	Vee

### Thursday

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

F	Club D3
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
10:15	●●	60m	Endurance Yoga
17:30	●	30m	Vitality HIIT
18:00	●●	60m	Endurance Yoga

F	Club D3
D3	Liz
D	Chris
D3	Vee
F	Vee
D3	Vee

### Saturday

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

D3	Chris
C	Carl
D3	Chris
D3	Carl

### Sunday

09:45	●●	60m	Pump
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D3	Dawn
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### Key

- Endurance
- Vitality
- Holistic

D3: D3 Studio

D: Dance Studio

P: Pool

C: Cycle Studio

F: Functional Studio