

CLASS TIMETABLE

Monday

09:15	●●	45m	Conditioning
10:05	●	60m	Mat Pilates
10:15	●	45m	Dance
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	Jas
D3	Michel
D	Jas
P	Chris
D3	Carl
D	Chris
D3	Diana
C	Carl
F	Hayley
P	Chris
D3	Liz

Tuesday

06:45	●●	45m	Pump
09:15	●●	45m	Pump
10:05	●	30m	Vitality HIIT
10:45	●	60m	Holistic Mobility
18:00	●	45m	Endurance Cycle
18:00	●●	45m	Pump
18:00	●	45m	Dance
18:50	●	30m	Vitality HIIT
19:00	●	60m	Mat Pilates

D3	Carl
D3	Carl
D3	Carl
D3	Naz
C	Hayley
D3	Chris
D	Jas
F	Jas
D3	Suneil

Wednesday

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

D3	Logan
D3	Chris
D3	Becca
P	Chris
D3	Chris
D3	Monika

Thursday

06:45	●	30m	Endurance Cycle
09:15	●	45m	Step
10:10	●●	30m	Pump
10:45	●	30m	Vitality HIIT
18:00	●●	60m	Pump
18:15	●	45m	Dance
19:10	●	30m	Vitality HIIT
19:10	●	60m	Mat Pilates

C	Hayley
D3	Chris
D3	Carl
D3	Carl
D3	Carl
D	Chris
F	Hayley
D3	Jude

Friday

06:45	●●	30m	Conditioning
09:15	●	60m	Holistic Yoga
09:15	●	45m	Dance
10:15	●	30m	Vitality HIIT
17:45	●	30m	Vitality HIIT

F	Hayley
D3	Liz
D	Chris
F	Hayley
F	Jas

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

Sunday

09:45	●●	60m	Pump	D3	Dawn
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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 Dance Studio and Cycle Studio