

CLASS TIMETABLE

Monday

09:15	●●	45m	Conditioning
10:15	●	45m	Mat Pilates
10:15	●	30m	Vitality HIIT
12:15	●	45m	Aqua
17:45	●●	45m	Vitality Pump
18:35	●	45m	Endurance Combat
18:45	●	30m	Vitality HIIT
18:45	●	30m	Endurance Cycle
19:30	●	45m	Mat Pilates
19:30	●	45m	Aqua

D3	Jas
D3	Michel
F	Jas
P	Chris
D3	Carl
D3	Chris
F	Hayley
C	Carl
F	Diana
P	Chris

Tuesday

06:45	●●	45m	Vitality Pump
09:15	●●	45m	Vitality Pump
10:05	●	30m	Vitality HIIT
10:45	●	60m	Holistic Yoga
17:45	●●	45m	Vitality Pump
18:00	●	45m	Endurance Cycle
18:00	●	30m	Vitality HIIT
18:35	●	45m	Dance
19:30	●	60m	Vitality Yoga

D3	Carl
D3	Carl
D3	Carl
D3	Sophie
D3	Chris
C	Hayley
F	Jas
D3	Jas
D3	Emily

Wednesday

06:45	●	30m	Vitality HIIT
09:15	●	45m	Endurance Combat
10:15	●	60m	Vitality Yoga
12:15	●	45m	Aqua
18:00	●	45m	Endurance Combat
18:50	●	45m	Mat Pilates

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	Vitality Pump
10:45	●	30m	Vitality HIIT
17:45	●●	45m	Vitality Pump
18:35	●	45m	Dance
18:45	●	30m	Vitality HIIT
18:45	●	30m	Endurance Cycle

C	Hayley
D3	Chris
D3	Carl
D3	Carl
D3	Carl
D3	Chris
F	Hayley
C	Carl

Friday

06:45	●●	30m	Conditioning
09:15	●	45m	Dance
10:05	●	60m	Holistic Yoga
10:15	●	30m	Vitality HIIT
17:45	●	30m	Vitality HIIT

F	Hayley
D3	Chris
D3	Liz
F	Hayley
F	Jas

Saturday

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

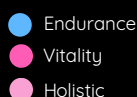
D3	Chris
C	Carl
D3	Chris
D3	Carl

Sunday

09:45	●●	30m	Vitality Pump
10:20	●	30m	Vitality HIIT

D3	Dawn
D3	Dawn

Key



D3: D3 Studio
P: Pool

C: Cycle Studio
F: Functional Studio