

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Cycle	
0915-0945	RPM Express	Hec	Cycle	
0915-1030	Iyengar Yoga	Hol	Wellness	
0945-1030	Body Combat Express	Hec	Main	
1030-1130	Body Pump	Scs	Main	
1030-1130	Pilates Intermediate	Hol	Wellness	
1130-1230	Body Balance	Hol	Wellness	
1230-1330	Pilates Intermediate	Hol	Wellness	
1400-1445	Aqua	Scs	Pool	
1815-1900	RPM	Hec	Cycle	
1815-1930	Yoga	Hol	Wellness	
1830-1915	Step	Hec	Main	
1900-2000	Running Club	Otc	Reception	
1910-2010	Keiser Cycling Advanced	Hec	Cycle	
1915-2015	Pilates Intermediate	Hol	Wellness	
1915-2015	Body Combat	Hec	Main	
1930-2030	Tai Chi	Hol	Wellness	
2015-2115	Body Pump	Scs	Main	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Cycle	
0900-1030	Dynamic Yoga	Hol	Wellness	
0930-1015	Aqua	Scs	Pool	
0930-1030	Body Combat	Hec	Main	
1030-1115	RPM	Hec	Cycle	
1030-1130	Body Jam	Dan	Main	
1030-1130	Pilates Advanced	Hol	Wellness	
1130-1230	Pilates Intermediate	Hol	Wellness	
1230-1330	Pilates Beginners	Hol	Wellness	C
1820-1905	RPM	Hec	Cycle	
1830-1900	Abs & Back	Scs	Main	
1830-1930	Pilates Beginners	Hol	Pilates	C
1830-1945	Yoga	Hol	Wellness	
1915-2000	Body Combat Express	Hec	Main	
1930-2030	Pilates Intermediate	Hol	Pilates	
2000-2100	Dance with David Lloyd	Dan	Wellness	E C
2000-2100	Body Pump	Scs	Main	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0815	Yoga	Hol	Wellness	
0915-1015	Pilates Intermediate	Hol	Wellness	
0930-1030	Dance Fit	Dan	Main	
0945-1030	RPM	Hec	Cycle	
1000-1045	Aqua	Scs	Pool	
1030-1130	Conditioning	Scs	Main	
1030-1200	Hatha Yoga	Hol	Wellness	
1145-1245	Body Pump	Scs	Main	
1300-1430	Hatha Yoga	Hol	Wellness	
1800-1900	Salsa Dancing	Dan	Wellness	
1815-1900	Conditioning	Scs	Main	
1830-1930	Pilates Intermediate	Hol	Wellness	
1900-1945	Aqua	Scs	Pool	
1900-1945	RPM	Hec	Cycle	
1900-2000	Zumba	Dan	Main	
1900-2030	Dynamic Yoga	Hol	Wellness	
1930-2030	Lose & Shape Up	Otc	Pilates	E
2000-2100	Boxing Fit	Otc	Main	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Balance	Hol	Wellness	
0930-1030	Body Pump	Scs	Main	
0930-1030	Running Club	Otc	Reception	
1000-1045	Aqua	Scs	Pool	
1030-1130	Zumba	Dan	Main	
1030-1115	Keiser Cycling	Hec	Cycle	
1030-1130	Pilates Intermediate	Hol	Wellness	
1300-1415	Hatha Yoga	Hol	Wellness	
1600-1645	Core Stability	Scs	Main	
1800-1900	Body Pump	Scs	Main	
1830-1930	Body Balance	Hol	Wellness	
1900-2000	Circuits	Hec	Main	

**KEY**

- £ Additional fee for this class
- A Advanced class, experience required
- S Designed for senior members
- C Class is part of a course
- \* Adult class coincides with children's activity

