

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Attack	Hec	Studio 1	
09:30 - 10:25	Body Pump	Scs	Studio 1	
09:40 - 10:25	Group Cycling	Hec	Cycling Area	
10:30 - 11:15	Body Combat	Hec	Studio 1	
10:35 - 11:30	Pilates Intermediate	Hol	Studio 2	
11:30 - 12:15	Body Balance	Hol	Studio 1	
12:30 - 13:00	Group Exercise Welcome	Otc	Club Rm	
13:00 - 13:55	Hatha Yoga	Hol	Studio 2	
17:30 - 18:00	Abs & Back	Scs	Studio 1	
18:05 - 18:20	Introduction to Group Cycling	Otc	Cycling Area	
18:15 - 19:10	Body Pump	Scs	Studio 1	
18:15 - 19:10	Yoga Beginners	Hol	Studio 2	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
19:15 - 20:00	Body Combat	Hec	Studio 1	
19:15 - 20:10	Body Balance	Hol	Studio 2	
19:30 - 20:15	RPM	Hec	Cycling Area	
20:00 - 20:45	Body Attack	Hec	Studio 1	
20:15 - 21:10	Vinyasa Yoga	Hol	Studio 2	
20:50 - 21:35	Body Pump	Scs	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:10 - 06:40	RPM Express	Hec		
06:39 - 07:29	RPM	Hec	Cycling Studio	
08:40 - 09:25	Legs, Bums and Tums	Scs	Studio 1	
09:30 - 10:25	Body Pump	Scs	Studio 1	
09:30 - 10:25	Vinyasa Yoga	Hol	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Cycling Studio	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Conditioning	Scs	Studio 1	
10:45 - 11:30	Mother & Baby	Otc	Kids Zone	
11:15 - 12:00	Aqua	Scs		
11:30 - 12:15	Body Attack	Hec	Studio 1	
12:45 - 13:15	RPM Express	Hec	Cycling Area	
17:45 - 18:30	Body Pump	Scs	Studio 1	
18:00 - 18:30	Abs & Back	Scs	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Cycling Area	
18:30 - 19:15	Legs, Bums and Tums	Scs	Studio 2	
18:35 - 19:20	Body Attack	Hec	Studio 1	
19:20 - 20:15	Body Balance	Hol	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:00 - 21:00	Triathlon Bike/Run	Otc		
20:25 - 21:10	Body Combat	Hec	Studio 1	
20:30 - 21:30	Zumba	Dan	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Body Pump	Scs	Studio 1	
08:40 - 09:25	Body Combat	Hec	Studio 1	
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:40 - 10:25	Group Cycling	Hec	Cycling Area	
09:40 - 10:25	Legs, Bums and Tums	Scs	Studio 2	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 12:30	Lose & Shape Up	Otc	Meeting Rm	£
10:35 - 11:20	Body Pump	Scs	Studio 1	
11:30 - 12:15	Zumba	Dan	Studio 1	
17:30 - 18:25	Body Pump	Scs	Studio 1	
18:00 - 19:00	Zumba	Dan	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Cycling Area	
18:30 - 19:25	Body Combat	Hec	Studio 1	
19:00 - 19:45	Body Conditioning	Scs	Studio 2	
19:30 - 20:15	Body Attack	Hec	Studio 1	
19:45 - 20:40	Pilates	Hol	Studio 2	
20:15 - 20:45	Abs & Back	Scs	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Cycling Studio	
08:40 - 09:25	Body Pump	Scs	Studio 1	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
09:40 - 10:25	RPM	Hec	Cycling Area	
10:00 - 10:55	Mother & Baby	Otc	Kids Zone	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:45 - 11:30	Body Conditioning	Scs	Studio 1	
17:00 - 17:30	Group Exercise Welcome	Otc		
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:15 - 19:10	Vinyasa Yoga	Hol	Studio 2	
18:20 - 18:50	Group Cycling	Hec	Cycling Area	
19:00 - 19:45	RPM	Hec	Cycling Area	
19:00 - 19:55	Body Pump	Scs	Studio 1	
19:15 - 20:10	Body Balance	Hol	Studio 2	
20:00 - 20:45	Fit Zone	Otc	Studio 1	
20:00 - 21:00	Triathlon Swim	Otc		

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

