

### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:30 - 08:15	Group Cycling	Hec	Cycling Area	
09:00 - 09:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Conditioning	Scs	Studio 1	
10:00 - 11:00	Aqua	Scs	Ind Pool	
11:00 - 11:30	Power Plate Taster	Otc	Gym	
11:00 - 11:55	Body Balance	Hol	Studio 1	
12:15 - 13:00	Senior Club	Otc	Studio 1	
12:30 - 13:00	Group Exercise Welcome	Otc	Club Rm	
18:00 - 18:30	Group Cycling	Hec	Spin Studio	
18:15 - 19:00	Body Conditioning	Scs	Studio 1	
19:00 - 19:30	TRX Taster	Otc	Gym	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:00 - 20:00	Running Club	Otc	Outside	
19:15 - 20:00	Aqua	Scs		
19:30 - 20:00	Abs & Back	Scs	Studio 2	
20:00 - 21:00	Body Pump	Scs	Studio 1	

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Treadmill Advanced	Otc	Gym	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Zumba	Dan	Studio 1	
10:30 - 11:00	Treadmill Beginners	Otc	Gym	
10:30 - 11:30	Body Pump	Scs	Studio 1	
11:45 - 12:45	Pilates	Hol	Studio 1	
13:00 - 13:30	Group Cycling	Hec	Cycle Studio	
13:00 - 14:00	Pre & Post Natal	Otc	Studio 1	
18:00 - 18:30	Group Exercise Welcome	Otc	Club Rm	
18:00 - 18:55	Circuits	Hec	Studio 1	
18:00 - 18:55	YogaMoves	Hol	Studio 2	
18:30 - 19:00	Treadmill Beginners	Otc	Gym	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Body Pump	Scs	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Spin Studio	
20:00 - 21:00	Step	Hec	Studio 1	
20:30 - 22:00	Yoga	Hol	Mind & Body Studio	

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:00	Circuits	Hec	Studio 1	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 10:30	Kettle Bell	Scs	Studio 2	
10:00 - 11:00	Aqua	Scs	Main Pool	
10:30 - 11:00	Body Pump Express	Scs	Studio 1	
11:15 - 11:45	Group Cycling	Hec	Cycle Studio	
11:30 - 12:30	Zumba	Dan	Studio 1	
12:00 - 12:30	Abs & Back	Scs	Gym Area 1	
17:00 - 17:30	TRX Taster	Otc	Gym	
17:45 - 18:30	Group Cycling	Hec	Cycling Area	
18:00 - 19:00	Kettle Bell	Scs	Studio 2	
18:00 - 19:00	Legs, Bums & Tums	Scs	Studio 1	
18:30 - 19:00	Row Fit	Otc	Rowing Studio	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Zumba	Dan	Studio 1	
19:15 - 20:00	Aqua	Scs	Main Pool	
20:00 - 20:30	Treadmill Advanced	Otc	Gym	
20:00 - 20:55	Body Balance	Hol	Mind & Body Studio	
20:00 - 21:00	Boxercise	Hec	Studio 1	

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Aerobics	Hec	Studio 1	
10:30 - 11:00	Treadmill Advanced	Otc	Gym	
10:30 - 11:15	Total Body Workout	Hec	Studio 1	
11:30 - 12:15	Senior Club	Otc	Studio 1	
12:30 - 14:00	Yoga	Hol	Studio 1	
18:00 - 18:55	YogaMoves	Hol	Studio 2	
18:00 - 19:00	Body Pump	Scs	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Spin Studio	
19:00 - 19:30	Lose & Shape Up Seminar	Otc	Gym	
19:00 - 19:30	ViPR Taster	Otc	Studio 2	
19:00 - 20:00	Zumba	Dan	Studio 1	
19:15 - 20:00	Group Cycling	Hec	Cycle Studio	
19:30 - 20:30	Lose & Shape Up	Otc	Gym Area 1	£
20:00 - 20:30	Striding Class	Otc	Gym	
20:00 - 21:00	Pilates	Hol	Studio 1	

### 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

