

MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|-------------|---------------------|----------|-------------|-----|
| 09.00-10.00 | Pilates | Hol | Wellness | |
| 09.00-10.00 | Conditioning | Scs | Main | |
| 09.30-10.30 | RPM | Hec | Cycle | |
| 10.00-10.45 | Pilates Fitness | Hol | Wellness | |
| 10.00-11.00 | Circuits | Hec | Main | |
| 10.00-11.00 | Tennis Fit | Otc | Gym | C |
| 10.30-11.00 | Power Plate | Scs | Gym | £,C |
| 10.30-11.15 | Aqua | Scs | Pool | |
| 11.30-12.30 | Cardio Conditioning | Hec | Main | |
| 11.45-12.45 | Senior Pilates | Hol | Wellness | |
| 13.00-14.30 | Iyengar Yoga | Hol | Wellness | |
| 13.30-14.30 | Lose & Shape Up | Otc | Tamari Room | £,C |
| 14.00-15.30 | Indoor Bowls | Otc | Main | |
| 16.30-17.30 | Cardio Conditioning | Hec | Main | |
| 18.30-19.30 | RPM | Hec | Cycle | A |
| 18.30-20.00 | Iyengar Yoga | Hol | Wellness | |
| 18.45-19.45 | Tri Class | Hec | Main | |
| 19.45-20.45 | Dance Fit | Dan | Main | |
| 19.45-20.45 | RPM | Hec | Cycle | A |
| 20.00-21.00 | Body Balance | Hol | Wellness | |
| 20.45-21.30 | Legs, Bums & Tums | Scs | Main | |

WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|-------------|---------------------|----------|----------|-----|
| 07.15-08.00 | Body Pump | Scs | Main | |
| 09.00-10.00 | Cardio Conditioning | Hec | Main | |
| 09.00-10.00 | RPM | Hec | Cycle | |
| 09.00-10.30 | Ashtanga Yoga | Hol | Wellness | |
| 10.00-10.45 | Aqua | Scs | Pool | |
| 10.00-11.00 | Dance Fit | Dan | Main | |
| 10.30-11.30 | Body Balance | Hol | Wellness | |
| 11.00-12.00 | Aerotone | Scs | Main | |
| 11.30-12.30 | Pilates | Hol | Wellness | |
| 13.30-14.30 | Senior Conditioning | Scs | Main | |
| 14.00-15.00 | Lose & Shape Up | Otc | Gym | £,C |
| 15.00-16.30 | Indoor Bowls | Otc | Main | |
| 18.00-18.45 | Core Stability | Scs | Wellness | |
| 18.30-19.30 | Cardio Conditioning | Hec | Main | |
| 18.45-20.00 | Thai Yoga | Hol | Wellness | |
| 19.00-19.30 | Power Plate | Scs | Gym | £,C |
| 19.15-20.15 | RPM | Hec | Cycle | |
| 19.30-20.30 | Body Combat | Hec | Main | |
| 20.00-21.00 | Pilates | Hol | Wellness | |

TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|-------------|------------------------|----------|-----------|-----|
| 07.15-08.00 | RPM | Hec | Cycle | |
| 09.30-10.30 | Body Attack | Hec | Main | |
| 09.30-10.15 | Aqua | Scs | Pool | |
| 09.30-10.30 | Conditioning | Scs | Wellness | |
| 10.30-11.30 | Body Balance | Hol | Wellness | |
| 10.30-11.30 | Body Pump | Scs | Main | |
| 11.30-12.30 | Total Body Workout | Hec | Main | |
| 18.00-18.45 | Pilates | Hol | Wellness | |
| 18.45-19.45 | Pilates | Hol | Wellness | |
| 19.00-20.00 | RPM | Hec | Cycle | |
| 19.00-20.00 | Ski Fit | Otc | Gym | C |
| 19.00-20.00 | Lose & Shape Up | Otc | Gym | £,C |
| 19.00-20.00 | Group Exercise Welcome | Otc | Club Room | |
| 19.30-20.30 | Body Attack | Hec | Main | |
| 20.30-21.30 | Body Pump | Scs | Main | |

THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|-------------|----------------------|----------|----------|-----|
| 09.00-10.00 | Pilates | Hol | Wellness | |
| 09.00-10.00 | Tri Class | Hec | Main | |
| 09.45-10.45 | RPM | Hec | Cycle | |
| 10.00-11.15 | Hatha Yoga | Hol | Wellness | |
| 10.00-11.00 | Conditioning | Scs | Main | |
| 11.00-12.00 | Body Pump | Scs | Main | |
| 11.30-12.30 | Tai Chi | Hol | Wellness | |
| 14.00-15.00 | Cardio Conditioning | Hec | Main | |
| 18.00-19.00 | Pilates | Hol | Wellness | |
| 18.30-19.30 | Body Pump | Scs | Main | |
| 19.00-20.00 | Lose & Shape Up | Otc | Gym | £,C |
| 19.00-20.00 | Ballet Fusion | Dan | Wellness | |
| 19.30-20.30 | Body Attack | Hec | Main | |
| 19.30-20.30 | RPM | Hec | Cycle | |
| 20.00-21.00 | Pilates Intermediate | Hol | Wellness | |
| 20.30-21.30 | Body Balance | Hol | 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

