



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Pilates	Hol	Wellness Studio	
09:35 - 10:20	RPM	Hec	Cycle Studio	
09:35 - 10:25	Zumba	Dan	Main Studio	
10:30 - 11:30	Pilates Fitness	Hol	Wellness Studio	
10:35 - 11:20	Aqua	Scs	Main Pool	
10:35 - 11:25	Circuits	Hec	Main Studio	
11:30 - 12:30	Cardio Conditioning	Hec	Main Studio	
11:45 - 12:45	Senior Pilates	Hol	Wellness Studio	
13:00 - 14:30	Iyengar Yoga	Hol	Wellness Studio	
14:00 - 15:30	Indoor Bowls	Otc	Main Studio	
17:35 - 18:25	Body Pump	Scs	Main Studio	
18:30 - 20:00	Iyengar Yoga	Hol	Wellness Studio	
18:45 - 19:45	Body Step	Hec	Main Studio	
19:30 - 20:30	Lose & Shape Up	Otc	Gym, Meeting Rm	£
19:45 - 20:45	RPM	Hec	Cycle Studio	
19:45 - 20:45	Zumba	Dan	Main Studio	
20:00 - 20:55	Triathlon Bike/Run/Swim	Otc	Pool	
20:00 - 21:00	Body Balance	Hol	Wellness Studio	
20:45 - 21:30	Legs, Bums & Tums	Scs	Main Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:00	RPM	Hec	Cycle Studio - Part A	
09:30 - 10:30	Legs, Bums & Tums	Scs	Wellness Studio	
09:35 - 10:25	Body Attack	Hec	Main Studio	
10:30 - 11:30	Body Balance	Hol	Wellness Studio	
10:35 - 11:25	Body Pump	Scs	Main Studio	
11:30 - 12:30	Total Body Workout	Hec	Main Studio	
16:35 - 17:25	Legs, Bums & Tums	Scs	Main Studio	
18:00 - 18:45	Pilates Intermediate	Hol	Wellness Studio	
18:30 - 19:00	Lose & Shape Up Seminar	Otc	Gym Desk	
18:30 - 19:00	ViPR Taster	Otc	Gym	
18:35 - 19:25	Circuits	Hec	Main Studio	
18:45 - 19:45	Pilates	Hol	Wellness Studio	
19:00 - 20:00	Group Exercise Welcome	Otc	Club Rm	
19:30 - 20:30	Body Attack	Hec	Main Studio	
19:30 - 20:30	Group Cycling	Hec	Cycling Studio	
19:45 - 21:00	Dynamic Yoga	Hol	Wellness Studio	
20:30 - 21:30	Body Pump	Scs	Main Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Circuits	Hec	Main Studio	
09:00 - 10:00	Cardio Conditioning	Hec	Main Studio	
09:00 - 10:00	Zone Cycling	Hec	Cycle Studio	
09:30 - 10:15	Mother & Baby	Otc	Kids Zone	
09:30 - 10:30	Running Club	Otc	Club Rm	
10:00 - 11:00	Dance Fit	Otc	Main Studio	
10:30 - 11:15	Aqua	Scs	Main Pool	
10:30 - 11:30	Body Balance	Hol	Wellness Studio	
11:00 - 12:00	Total Body Workout	Hec	Main Studio	
11:30 - 12:30	Pilates	Hol	Wellness Studio	
13:30 - 14:30	Senior Conditioning	Scs	Main Studio	
15:00 - 16:30	Indoor Bowls	Otc	Main Studio	
18:30 - 19:30	Cardio Conditioning	Hec	Main Studio	
18:45 - 20:00	Thai Yoga	Hol	Wellness Studio	
19:00 - 19:30	Power Plate Taster	Otc	Gym	
19:30 - 20:00	Power Plate	Otc		£
19:30 - 20:30	Body Combat	Hec	Main Studio	
20:00 - 20:55	Triathlon Bike/Run/Swim	Otc	Cycling Studio	
20:00 - 21:00	Pilates	Hol	Wellness Studio	
20:30 - 21:30	Body Balance	Hol	Main Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Pilates	Hol	Wellness Studio	
09:35 - 10:25	Body Pump	Scs	Main Studio	
10:00 - 11:15	Hatha Yoga	Hol	Wellness Studio	
10:35 - 11:20	RPM	Hec	Cycle Studio	
10:35 - 11:35	Tri Class	Hec	Main Studio	
11:30 - 12:30	Tai Chi	Hol		
17:30 - 18:30	Family Circuits	Otc	Main Studio	
18:30 - 19:30	Body Pump	Scs	Main Studio	
19:00 - 20:00	Ballet Fusion	Dan	Wellness Studio	
19:30 - 20:30	Body Attack	Hec	Main Studio	
19:30 - 20:30	RPM	Hec	Cycle Studio	
20:00 - 21:00	Pilates Mini Ball	Hol	Wellness Studio	
20:30 - 21:30	Dance Fit	Otc	Main Studio	

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

