



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Boxing Circuit	Otc	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:45 - 10:30	Aerobics	Hec	Studio 1	
10:15 - 11:00	Aqua	Scs	Ind Pool	
10:30 - 11:15	Body Conditioning	Scs	Studio 1	
10:30 - 11:15	Power Plate Taster	Otc	Gym Desk	
11:15 - 12:15	Body Balance	Hol	Studio 2	
14:00 - 15:00	Pilates	Hol	Studio 2	
17:00 - 17:30	Total Body Workout	Hec	Studio 1	
17:30 - 18:00	Core Stability	Scs	Studio 1	
18:00 - 18:45	Aerobics	Hec	Studio 1	
18:00 - 18:55	Lose & Shape Up Seminar	Otc	Meeting Rm	
18:00 - 19:00	Group Cycling Advanced	Otc	Cycling Studio	
18:45 - 19:30	Legs, Bums and Tums	Scs	Studio 1	
19:00 - 19:45	ViPR Taster	Otc	Sports H	
19:00 - 20:00	Group Exercise Welcome	Otc	Club Rm	
19:00 - 20:00	Pilates	Hol	Studio 2	
19:00 - 20:00	Running Club	Otc	Outside	
19:15 - 20:00	Group Cycling	Hec	Cycling Studio	
19:30 - 20:30	Body Pump	Scs	Studio 1	
20:00 - 21:00	Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycling Studio	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:45 - 10:40	Body Combat	Hec	Studio 1	
10:30 - 11:30	YogaMoves	Hol	Studio 2	
10:45 - 11:45	Body Pump	Scs	Studio 1	
11:45 - 12:15	Legs, Bums and Tums	Scs	Studio 1	
12:15 - 13:15	Aerobics	Hec	Studio 1	
13:00 - 14:00	Group Exercise Welcome	Otc	Club Rm	
13:30 - 14:30	Dance Fit	Otc	Studio 1	
17:30 - 18:00	Core Stability	Scs	Studio 2	
17:30 - 18:30	Body Pump	Scs	Studio 1	
18:00 - 18:30	JUKARI Fit to Flex	Otc	Studio 2	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
18:30 - 19:30	Body Attack	Hec	Studio 1	
18:30 - 20:00	Adult Netball	Otc	Bad Crt 1-4	
19:15 - 20:00	Aqua	Scs	Ind Pool	
19:30 - 20:30	Circuits	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Boxercise	Hec	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:30	Body Pump	Scs	Studio 1	
10:15 - 11:00	Aqua	Scs	Ind Pool	
10:30 - 11:00	Power Plate Course	Otc	Gym Desk	
10:45 - 11:30	Body Conditioning	Scs	Studio 1	
11:30 - 12:15	Legs, Bums and Tums	Scs	Studio 1	
17:00 - 17:45	Body Conditioning	Scs	Studio 1	
17:45 - 18:40	Body Combat	Hec	Studio 1	
18:45 - 19:30	Body Balance	Hol	Studio 1	
18:45 - 19:30	Core Stability	Scs	Studio 2	
19:30 - 20:30	Group Cycling Advanced	Otc	Cycling Studio	
20:15 - 21:00	Boxercise	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Core Stability	Scs	Studio 1	
07:30 - 08:00	Multi Circuits	Hec	Studio 1	
09:30 - 10:30	Group Cycling Advanced	Otc	Cycling Studio	
09:45 - 10:45	Body Attack	Hec	Studio 1	
10:00 - 10:30	JUKARI Fit to Flex	Otc	Studio 2	
10:30 - 11:30	Dance Fit	Otc	Studio 2	
10:45 - 11:45	Body Pump	Scs	Studio 1	
13:00 - 14:00	Coffee Club	Otc	Club Rm	
13:15 - 14:15	Pilates	Hol	Studio 2	
17:30 - 18:30	Body Balance	Hol	Studio 2	
18:15 - 19:15	Boxing Circuit	Otc	Studio 1	
18:30 - 19:00	Legs, Bums and Tums	Scs	Studio 2	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
19:00 - 19:30	ViPR Course	Otc	Bad Crt 1	
19:00 - 19:30	ViPR Course	Otc	Bad Crt 2	
19:30 - 20:30	Body Pump	Scs	Studio 1	
20:00 - 21:00	Salsa Aerobics	Dan	Studio 2	

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

