

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Studio 3	
09.30-10.25	Body Vive	Scs	Studio 1	
09.45-11.00	Yoga	Hol	Studio 2	
10.30-11.25	Body Pump	Scs	Studio 1	
10.30-11.25	Back Care Fit	Otc	Gym	C
11.00-11.55	Core Stability	Scs	Studio 2	
11.30-12.25	Latin Fit	Otc	Studio 1	
11.30-12.25	Aqua	Scs	Pool	
17.30-18.15	Legs, Bums & Tums	Scs	Studio 1	*
17.45-18.30	Tri Class	Hec	Studio 3	*
18.15-19.10	Body Pump	Scs	Studio1	*
18.30-19.25	Keiser Cycling Advanced	Hec	Studio 3	*
18.45-19.15	Group Exercise Welcome	Otc	Club Room	*
19.20-20.15	Latin Fit	Otc	Studio 1	
19.30-20.45	Vinyasa Yoga	Hol	Studio 2	
19.30-20.25	Boot Camp	Hec	Gym	
19.30-20.25	Swimming Club	Otc	Pool	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Studio 3	
09.45-10.25	Step	Hec	Studio 1	
10.30-11.25	Body Balance	Hol	Studio 2	
10.30-11.25	Body Sculpt	Scs	Studio 1	
11.30-12.15	Aqua	Scs	Pool	
11.30-12.25	Body Pump	Scs	Studio 1	
13.00-13.30	Group Exercise Welcome	Otc	Club Room	
14.00-14.55	Pilates	Hol	Studio 2	
16.30-17.20	Family Yoga	Hol	Studio 2	
17.30-18.30	Running Fit Beginners	Otc	Gym	*
17.30-19.30	Lose & Shape Up	Otc	Studio 4	
17.45-18.15	Introduction to Keiser Cycling	Hec	Studio 3	*
18.30-20.30	Lose & Shape Up	Otc	Studio 4	£ C *
18.30-19.15	Keiser Cycling	Hec	Studio 3	*
18.30-19.25	Body Attack	Hec	Studio 1	*
18.30-19.25	Yoga	Hol	Studio 2	*
19.30-20.25	Body Pump	Scs	Studio 1	*
19.30-20.25	Yoga	Hol	Studio 2	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump	Scs	Studio 1	
09.30-10.15	Keiser Cycling	Hec	Studio 3	
10.30-11.25	Yoga	Hol	Studio 2	
10.30-11.15	Body Sculpt	Scs	Studio 1	
12.00-12.55	Body Pump	Scs	Studio 1	
12.30-13.00	Senior Conditioning	Scs	Gym	S
12.45-13.30	Keiser Cycling & Abs	Hec	Studio 3	
13.30-14.00	Aqua Circuits	Scs	Pool	
17.30-18.25	Body Pump	Scs	Studio 1	*
17.30-18.25	Abs & Stretch	Scs	Studio 2	*
18.30-19.15	Keiser Cycling	Hec	Studio 3	*
18.30-19.25	Body Attack	Hec	Studio 1	*
18.45-19.25	Pilates Beginners	Hol	Studio 2	*
19.30-20.10	Pilates Advanced	Hol	Studio 2	
19.30-20.15	Step	Hec	Studio 1	
20.00-20.45	Aqua	Scs	Pool	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Studio 3	
09.30-10.25	Body Vive	Scs	Studio 1	
09.30-10.15	Keiser Cycling	Hec	Studio 3	
10.30-11.25	Abs & Back	Scs	Studio 1	*
10.30-11.25	Pilates	Hol	Studio 2	
13.00-13.55	Circuits	Hec	Studio 1	
17.45-18.25	Body Attack	Hec	Studio 1	*
18.30-19.25	Body Vive	Scs	Studio 1	*
18.30-19.15	Keiser Cycling	Hec	Studio 3	*
19.30-20.15	Keiser Cycling	Hec	Studio 3	
19.30-20.25	Body Balance	Hol	Studio 2	
19.30-20.25	Body Pump	Scs	Studio 1	
20.00-20.45	Aqua	Scs	Pool	

**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

