

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Balance	Hol	Studio 1	
09:00 - 09:30	Ballet Fusion	Dan	Studio 1	
09:30 - 10:25	Pilates Beginners	Hol	Studio 2	
09:30 - 10:30	Ballet Fusion	Dan	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:30 - 11:15	Aqua	Scs	Pool	
10:30 - 11:30	Body Conditioning	Scs	Studio 1	
11:30 - 12:30	Body Balance	Hol	Studio 1	
12:30 - 13:25	Pilates Intermediate	Hol	Studio 1	
18:00 - 18:30	Family Cycle	Hec	Cycle Studio	
18:00 - 18:55	Pilates Beginners	Hol	Studio 2	
18:00 - 19:00	Body Conditioning	Scs	Studio 1	
18:01 - 18:31	Power Plate Taster	Otc	Gym Area 1	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Pilates Intermediate	Hol	Studio 2	
19:00 - 20:00	Body Pump	Scs	Studio 1	
19:00 - 20:30	Triathlon Class	Otc	Club Rm	
20:00 - 21:15	Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Cycle Studio	
09:30 - 10:15	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:25	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Body Pump	Scs	Studio 1	
10:30 - 11:25	Latin Fit	Otc	Studio 1	
10:30 - 11:30	Body Balance	Hol	Studio 2	
11:30 - 12:00	Group Exercise Welcome	Otc	Restaurant	
11:30 - 13:00	Yoga	Hol	Studio 1	
11:45 - 12:30	Aqua	Scs	Pool	
12:00 - 13:00	Lose & Shape Up	Otc	Club Rm	
18:00 - 18:45	RPM	Hec	Cycle Studio	
18:00 - 18:55	Pilates	Hol	Studio 2	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:00 - 19:00	Lose & Shape Up	Otc	Club Rm	
18:00 - 19:00	Running Club	Otc	Gym	
19:00 - 19:45	Aqua	Scs	Pool	
19:00 - 19:45	Core Stability	Scs	Studio 2	
19:00 - 19:55	Circuits	Hec	Studio 1	
19:30 - 20:15	ViPR Taster	Otc	Gym Area 2	
20:00 - 20:45	Body Attack	Hec	Studio 1	
20:00 - 21:00	Body Balance	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Studio 1	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:15	ViPR Taster	Otc	Gym Area 2	
09:30 - 10:30	Body Balance	Hol	Studio 2	
09:30 - 10:30	Body Conditioning	Scs	Studio 1	
10:15 - 11:00	Aqua	Scs	Pool	
10:30 - 11:30	Body Combat	Hec	Studio 1	
11:30 - 12:25	Pilates Intermediate	Hol	Studio 1	
14:00 - 14:45	Circuits	Hec	Studio 1	
17:15 - 18:00	JUKARI Fit to Flex	Otc	Studio 1	
18:00 - 18:45	Step	Hec	Studio 1	
18:00 - 18:55	Pilates	Hol	Studio 2	
18:45 - 19:30	Group Cycling	Hec	Cycle Studio	
18:45 - 19:45	Body Pump	Scs	Studio 1	
19:00 - 20:30	Dynamic Yoga	Hol	Studio 2	
19:45 - 20:45	Kick Boxing	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Pump	Scs	Studio 1	
09:30 - 10:15	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:25	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Iyengar Yoga Beginners	Hol	Studio 1	
10:30 - 11:30	Body Pump	Scs	Studio 1	
10:45 - 12:15	Iyengar Yoga	Hol	Studio 2	
11:30 - 12:30	Jazzercise	Dan	Studio 1	
18:00 - 18:45	RPM	Hec	Cycle Studio	
18:00 - 18:55	Vinyasa Yoga	Hol	Studio 2	
18:00 - 19:00	Body Pump	Scs	Studio 1	
19:00 - 19:45	Abs & Back	Scs	Studio 2	
19:00 - 19:45	Step	Hec	Studio 1	
19:45 - 20:45	Body Balance	Hol	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

