

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-7.15	Keiser Cycling Express	Hec	Cycle Area Gym	
09.30-10.15	Keiser Cycling	Hec	Cycle Area Gym	
09.30-10.30	Body Conditioning	Scs	Studio 1	
09.30-10.30	Pilates Fitness	Hol	Studio 2	
09.30-10.30	Aqua	Scs	Pool	
10.15-10.30	Core Stability	Scs	Gym Floor	
10.30-11.30	Abs & Back	Scs	Gym Floor	£
10.30-11.30	Body Pump	Scs	Studio 2	
10.30-11.30	Zumba	Dan	Studio 1	
11.30-12.30	Hatha Yoga	Hol	Studio 1	
13.30-14.00	Triathlon Fit	Otc	Gym Floor	
17.30-18.00	Group Exercise Welcome	Otc	Reception	*
18.00-19.00	Ski Fit	Otc	Gym Floor	£ C
18.00-18.45	Keiser Cycling	Hec	Cycle Area Gym	
18.00-19.00	Body Attack	Hec	Studio 2	
18.00-19.00	Lose & Shape Up	Otc	Gym Floor	£
18.30-19.30	Circuits	Hec	Studio 1	
18.45-19.00	Core Stability	Scs	Gym Floor	
19.00-20.00	Keiser Cycling & Abs	Hec	Cycle Area Gym	
19.00-20.00	Body Pump	Scs	Studio 2	
19.30-20.30	Circuits	Hec	Studio 1	
20.05-21.05	Body Balance	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Cycle Area Gym	*
09.30-10.30	Salsa Aerobics	Dan	Studio 1	*
09.30-10.30	Body Pump	Scs	Studio 2	*
09.40-10.40	Senior Conditioning	Scs	Gym Floor	S
10.15-10.30	Core Stability	Scs	Gym Floor	*
10.30-11.30	Pilates	Hol	Studio 1	
10.30-12.00	Hatha Yoga	Hol	Studio 2	
10.45-11.30	Aqua	Scs	Pool	
13.30-14.00	Cross Training	Hec	Gym Floor	
17.00-18.00	Body Combat	Hec	Studio 1	*
17.30-18.00	Group Exercise Welcome	Otc	Reception	
18.00-18.45	Keiser Cycling	Hec	Cycle Area Gym	
18.00-19.00	Hatha Yoga	Hol	Studio 1	*
18.00-19.00	Body Step	Hec	Studio 2	*
18.00-19.00	Lose & Shape Up	Otc	Gym Floor	*
18.45-19.00	Core Stability	Scs	Gym Floor	*
19.00-19.45	Keiser Cycling	Hec	Cycle Area Gym	
19.00-20.00	Circuits	Hec	Studio 1	
19.00-20.00	Body Pump	Scs	Studio 2	
19.45-20.00	Core Stability	Scs	Gym Floor	
20.00-21.00	Pilates Fitness	Hol	Studio 2	
20.00-21.00	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Circuits	Hec	Studio 1	
09.00-10.30	Hatha Yoga	Hol	Studio 2	
09.30-10.30	Body Combat	Hec	Studio 1	
10.30-11.30	Body Vive	Scs	Studio 1	S
10.30-11.30	Body Balance	Hol	Studio 2	
10.40-11.25	Keiser Cycling	Hec	Cycle Area Gym	
11.30-11.45	Core Stability	Scs	Cycle Area Gym	
11.30-12.30	Pre & Post Natal	Otc	Studio 1	
13.30-14.00	Cross Training	Hec	Gym Floor	
17.00-17.45	Pilates Intermediate	Hol	Studio 1	*
17.45-18.30	Pilates	Hol	Studio 1	*
18.30-19.30	Running Club	Otc	Reception	
18.30-19.30	Keiser Cycling Advanced	Hec	Cycle Area Gym	
18.30-19.15	Body Attack	Hec	Studio 2	
19.00-20.00	Legs, Bums & Tums	Scs	Studio 1	
19.15-20.00	Body Combat	Hec	Studio 2	
19.30-19.45	Core Stability	Scs	Gym Floor	
20.00-21.00	Hatha Yoga	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Aqua	Scs	Pool	
09.30-10.30	Body Conditioning	Scs	Studio 1	
09.30-10.30	Body Step	Hec	Studio 2	
10.30-11.30	Body Vive	Scs	Studio 1	S
10.30-11.30	Body Balance	Hol	Studio 2	
10.40-11.25	Keiser Cycling	Hec	Cycle Area Gym	
11.30-11.45	Core Stability	Scs	Gym Floor	
11.30-12.30	Pre & Post Natal	Otc	Studio 1	
11.30-13.00	Hatha Yoga	Hol	Studio 2	
18.00-19.00	Running Club	Otc	Reception	
18.00-19.00	Body Pump	Scs	Studio 2	
18.30-19.30	Body Combat	Hec	Studio 1	
19.00-19.45	Keiser Cycling	Hec	Cycle Area Gym	
19.00-20.00	Back Care Fit	Otc	Gym Floor	
19.00-20.30	Hatha Yoga	Hol	Studio 2	
19.45-20.00	Core Stability	Scs	Gym Floor	

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

