

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	RPM Express	Hec	Cycle Studio	
09.30-10.30	Body Combat	Hec	Studio 1	*
09.45-10.30	RPM	Hec	Cycle Studio	*
10.30-11.30	Body Sculpt	Scs	Studio 1	*
11.30-12.30	Yoga Moves	Hol	Studio 2	*
11.30-12.30	Senior Conditioning	Scs	Studio 1	*
13.00-13.45	Aqua	Scs	Pool	*
13.00-14.00	Body Pump	Scs	Studio 1	*
18.00-19.00	Body Balance	Hol	Studio 2	
18.00-19.00	Body Combat	Hec	Studio 1	
18.30-19.15	Keiser Cycling Advanced	Hec	Cycle Studio	A
18.30-19.30	Running Club	Otc	Outdoor	A
19.00-19.30	Abs & Back	Scs	Studio 2	
19.00-19.45	Aqua	Scs	Pool	
19.00-20.00	Body Jam	Dan	Studio 1	
19.30-20.15	Row Fit Express	Hec	Gym	
19.30-20.30	Stretch & Tone	Scs	Studio 2	
20.00-20.45	Keiser Cycling	Hec	Cycle Studio	
20.15-21.15	Body Pump	Scs	Studio 1	
20.30-21.30	Hatha Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Keiser Cycling Express	Hec	Cycle Studio	
09.30-10.30	Boxercise	Hec	Studio 2	*
09.30-10.30	Body Jam	Dan	Studio 1	*
09.45-10.30	Introduction to Keiser Cycling	Hec	Cycle Studio	*
10.30-11.00	Abs & Back	Scs	Studio 2	*
10.30-11.15	Body Sculpt	Scs	Studio 1	*
11.15-12.15	Body Balance	Hol	Studio 1	*
11.30-12.30	Pilates	Hol	Studio 2	*
13.00-13.45	Aqua	Scs	Pool	*
18.00-18.30	Abs & Back	Scs	Studio 2	
18.00-19.00	Body Pump	Scs	Studio 1	
18.15-18.45	Running Fit Beginners	Otc	Outdoor	
18.30-19.25	Keiser Cycling	Hec	Cycle Studio	
18.30-19.30	Pilates	Hol	Studio 2	
18.30-20.00	Running Club	Otc	Outdoor	
19.00-19.45	Aqua	Scs	Pool	
19.00-19.45	Row Fit Express	Hec	Gym	
19.15-20.15	Body Attack	Hec	Studio 1	
19.45-21.15	Hatha Yoga	Hol	Studio 2	
20.15-21.15	Body Combat	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Combat	Hec	Studio 1	*
09.30-10.30	Body Step	Hec	Studio 2	*
10.30-11.30	Zumba	Dan	Studio 2	*
10.35-11.35	Body Pump	Scs	Studio 1	*
11.35-12.35	Stretch & Tone	Scs	Studio 1	*
12.45-13.45	Body Balance	Hol	Studio 2	*
13.00-14.00	Body Vive	Scs	Studio 1	*
18.00-18.30	Abs & Back	Scs	Studio 2	
18.30-19.30	Circuits	Hec	Studio 1	
18.30-19.30	Power Plate	Scs	Gym	£
18.45-19.30	Stretch & Tone	Scs	Studio 2	
18.45-19.30	Keiser Cycling	Hec	Cycle Studio	
19.35-20.35	Body Pump	Scs	Studio 1	
20.35-21.35	Body Balance	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Body Pump Express	Scs	Studio 1	
09.30-10.30	Body Attack	Hec	Studio 1	*
09.30-10.30	Body Balance	Hol	Studio 2	*
09.45-10.30	RPM	Hec	Cycle Studio	*
10.35-11.15	Legs, Bums & Tums	Scs	Studio 1	*
10.45-11.30	Pilates Advanced	Hol	Studio 2	*
11.30-12.30	Body Vive	Scs	Studio 1	*
17.30-18.00	Abs & Back	Scs	Studio 2	
18.00-19.00	Legs, Bums & Tums	Scs	Studio 1	
18.00-19.00	Body Vive	Scs	Studio 2	
18.15-19.00	Keiser Cycling Advanced	Hec	Cycle Studio	A
19.00-20.00	Body Pump	Scs	Studio 2	
19.00-20.00	Body Jam	Dan	Studio 1	
20.15-21.15	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

